| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|------------------------|
| 14006 | Alcoholic beverage, beer, light | 354 | 12 fl oz | 0 |
| 14003 | Alcoholic beverage, beer, regular, all | 355 | 12 fl oz | 0 |
| 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 60 | 2 fl oz | 1 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 42 | 1.5 fl oz | 0 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 42 | 1.5 fl oz | 0 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 42 | 1.5 fl oz | 0 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 52 | 1.5 fl oz | 0 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 141 | 4.5 fl oz | 1 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 103 | 3.5 fl oz | 0 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 103 | 3.5 fl oz | 0 |
| 14096 | Alcoholic beverage, wine, table, red | 103 | 3.5 fl oz | 1 |
| 14106 | Alcoholic beverage, wine, table, white | 103 | 3.5 fl oz | 0 |
| 11001 | Alfalfa seeds, sprouted, raw | 33 | 1 cup | 29 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248 | 1 cup | 0 |
| 09011 | Apples, dried, sulfured, uncooked | 32 | 5 rings | 0 |
| 09003 | Apples, raw, with skin | 138 | 1 apple | 37 |
| 09004 | Apples, raw, without skin | 110 | 1 cup | 19 |
| 09020 | Applesauce, canned, sweetened, without salt (includes USDA commodity) | 255 | 1 cup | 8 |
| 09019 | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) | 244 | 1 cup | 32 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258 | 1 cup | 1896 |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 244 | 1 cup | 2464 |
| 09032 | Apricots, dried, sulfured, uncooked | 35 | 10 halves | 757 |
| 09021 | Apricots, raw | 35 | 1 apricot | 383 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 168 | 1 cup | 13 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120 | 1 medium | 10 |
| 11015 | Asparagus, canned, drained solids | 72 | 4 spears | 355 |
| 11012 | Asparagus, cooked, boiled, drained | 60 | 4 spears | 362 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 869 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 60 | 4 spears | 290 |
| 09038 | Avocados, raw, California | 28.35 | 1 oz | 18 |
| 09039 | Avocados, raw, Florida | 28.35 | 1 oz | 15 |
| 18005 | Bagels, cinnamon-raisin | 89 | 4" bagel | 1 |
| 18005 | Bagels, cinnamon-raisin | 71 | 3-1/2" bagel | 1 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89 | 4" bagel | 0 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71 | 3-1/2" bagel | 0 |
| 19078 | Baking chocolate, unsweetened, squares | 28.35 | 1 square | 0 |
| 11028 | Bamboo shoots, canned, drained solids | 131 | 1 cup | 10 |
| 09040 | Bananas, raw | 118 | 1 banana | 31 |
| 09040 | Bananas, raw | 150 | 1 cup | 39 |
| 20006 | Barley, pearled, cooked | 157 | 1 cup | 8 |
| 20005 | Barley, pearled, raw | 200 | 1 cup | 26 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254 | 1 cup | 165 |
| 16008 | Beans, baked, canned, with franks | 259 | 1 cup | 135 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 16010 | Beans, baked, canned, with pork and sweet sauce | 253 | 1 cup | 13 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 253 | 1 cup | 127 |
| 16034 | Beans, kidney, red, mature seeds, canned | 256 | 1 cup | 0 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 0 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182 | 1 cup | 0 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171 | 1 cup | 0 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135 | 1 cup | 165 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 125 | 1 cup | 525 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135 | 1 cup | 451 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 135 | 1 cup | 85 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 125 | 1 cup | 61 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 135 | 1 cup | 90 |
| 16051 | Beans, white, mature seeds, canned | 262 | 1 cup | 0 |
| 22905 | Beef stew, canned entree | 232 | 1 cup | 246 |
| 13818 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85 | 3 oz | 0 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 13348 | Beef, cured, corned beef, canned | 85.05 | 3 oz | 0 |
| 13350 | Beef, cured, dried | 28.35 | 1 oz | 0 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 85 | 3 oz | 0 |
| 23573 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled | 85 | 3 oz | 0 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 85 | 3 oz | 0 |
| 13869 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 23605 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 13878 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85 | 3 oz | 0 |
| 23598 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85 | 3 oz | 0 |
| 13930 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85 | 3 oz | 0 |
| 23610 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 85 | 3 oz | 0 155 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried Beet greens, cooked, boiled, drained, without salt | 85 144 | 3 oz | 6610 |
| 11087 | | | 1 cup | |
| 11084 | Beets, canned, drained solids | 170 | 1 cup | 26 |
| 11084 | Beets, canned, drained solids | 24 | 1 beet | 4 |
| 11081 | Beets, cooked, boiled, drained | 50 | 1 beet | 11 |
| 11081 | Beets, cooked, boiled, drained | 170 | 1 cup | 36 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 27 | 2-1/2" biscuit | 0 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 21 | 2-1/4" biscuit | 0 |
| 09042 | Blackberries, raw | 144 | 1 cup | 184 |
| 09055 | Blueberries, frozen, sweetened | 230 | 1 cup | 69 |
| 09050 | Blueberries, raw | 145 | 1 cup | 46 |
| 07008 | Bologna, beef and pork | 56.7 | 2 slices | 0 |
| 07014 | Braunschweiger (a liver sausage), pork | 56.7 | 2 slices | 0 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1 oz | 0 |
| 18376 | Bread crumbs, dry, grated, seasoned | 120 | 1 cup | 139 |
| 18082 | Bread stuffing, bread, dry mix, prepared | 100 | 1/2 cup | 88 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 60 | 1 slice | 61 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|------------------------|
| 18027 | Bread, egg | 40 | 1/2" slice | 0 |
| 18029 | Bread, french or vienna (includes sourdough) | 25 | 1/2" slice | 0 |
| 18033 | Bread, italian | 20 | 1 slice | 0 |
| 18035 | Bread, Multi-Grain (includes whole-grain) | 26 | 1 slice | 0 |
| 18036 | Bread, Multi-Grain, toasted (includes whole-grain) | 24 | 1 slice | 0 |
| 18039 | Bread, oatmeal | 27 | 1 slice | 0 |
| 18040 | Bread, oatmeal, toasted | 25 | 1 slice | 0 |
| 18041 | Bread, pita, white, enriched | 60 | 6-1/2" pita | 0 |
| 18041 | Bread, pita, white, enriched | 28 | 4" pita | 0 |
| 18044 | Bread, pumpernickel | 32 | 1 slice | 0 |
| 18045 | Bread, pumpernickel, toasted | 29 | 1 slice | 0 |
| 18047 | Bread, raisin, enriched | 26 | 1 slice | 0 |
| 18048 | Bread, raisin, toasted, enriched | 24 | 1 slice | 0 |
| 18053 | Bread, reduced-calorie, rye | 23 | 1 slice | 0 |
| 18055 | Bread, reduced-calorie, wheat | 23 | 1 slice | 0 |
| 18057 | Bread, reduced-calorie, white | 23 | 1 slice | 0 |
| 18060 | Bread, rye | 32 | 1 slice | 1 |
| 18061 | Bread, rye, toasted | 24 | 1 slice | 1 |
| 18064 | Bread, wheat | 25 | 1 slice | 0 |
| 18065 | Bread, wheat, toasted | 23 | 1 slice | 0 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 45 | 1 cup | 0 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 25 | 1 slice | 0 |
| 18070 | Bread, white, commercially prepared, toasted | 22 | 1 slice | 0 |
| 18075 | Bread, whole-wheat, commercially prepared | 28 | 1 slice | 1 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 25 | 1 slice | 1 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 156 | 1 cup | 1449 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 37 | 1 spear | 344 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184 | 1 cup | 1098 |
| 11090 | Broccoli, raw | 88 | 1 cup | 318 |
| 11090 | Broccoli, raw | 31 | 1 spear | 112 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 156 | 1 cup | 725 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155 | 1 cup | 860 |
| 20011 | Buckwheat flour, whole-groat | 120 | 1 cup | 0 |
| 20010 | Buckwheat groats, roasted, cooked | 168 | 1 cup | 0 |
| 20013 | Bulgur, cooked | 182 | 1 cup | 2 |
| 20012 | Bulgur, dry | 140 | 1 cup | 7 |
| 01001 | Butter, salted | 14.2 | 1 tbsp | 22 |
| 01145 | Butter, without salt | 14.2 | 1 tbsp | 22 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170 | 1 cup | 4333 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 150 | 1 cup | 72 |
| 11109 | Cabbage, raw | 70 | 1 cup | 29 |
| 11112 | Cabbage, red, raw | 70 | 1 cup | 469 |
| 11114 | Cabbage, savoy, raw | 70 | 1 cup | 420 |
| 18088 | Cake, angelfood, dry mix, prepared | 50 | 1 piece | 0 |
| 18090 | Cake, boston cream pie, commercially prepared | 92 | 1 piece | 2 |
| 18110 | Cake, fruitcake, commercially prepared | 43 | 1 piece | 1 |
| 18451 | Cake, pound, commercially prepared, fat-free | 28 | 1 slice | 0 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|------------------------|------------------------|
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 50 | 1 cupcake | 0 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 42.5 | 1 cake | 0 |
| 18133 | Cake, sponge, commercially prepared | 30 | 1 shortcake | 1 |
| 18102 | Cake, white, prepared from recipe with coconut frosting | 112 | 1 piece | 1 |
| 18139 | Cake, white, prepared from recipe without frosting | 74 | 1 piece | 1 |
| 19074 | Candies, caramels | 10.1 | 1 piece | 0 |
| 19076 | Candies, caramels, chocolate-flavor roll | 7 | 1 piece | 0 |
| 19071 | Candies, carob, unsweetened | 28.35 | 1 oz | 1 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 17 | 1 piece | 2 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 19 | 1 piece | 2 |
| 19104 | Candies, fudge, vanilla with nuts | 15 | 1 piece | 2 |
| 19103 | Candies, fudge, vanilla, prepared-from-recipe | 16 | 1 piece | 2 |
| 19106 | Candies, gumdrops, starch jelly pieces | 4.2 | 1 medium | 0 |
| 19106 | Candies, gumdrops, starch jelly pieces | 74 | 10 worms | 0 |
| 19106 | Candies, gumdrops, starch jelly pieces | 22 | 10 bears | 0 |
| 19107 | Candies, hard | 3 | 1 small piece | 0 |
| 19107 | Candies, hard | 6 | 1 piece | 0 |
| 19108 | Candies, jellybeans | 28.35 | 10 large | 0 |
| 19109 | Candies, KIT KAT Wafer Bar | 42 | 1 bar (1.5 oz) | 0 |
| 19141 | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies | 7 | 10 pieces | 0 |
| 19140 | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies | 20 | 10 pieces | 0 |
| 19135 | Candies, MARS SNACKFOOD US, MILKY WAY Bar | 61 | 1 bar (2.15 oz) | 2 |
| 19135 | Candies, MARS SNACKFOOD US, MILKY WAY Bar | 18 | 1 fun size bar | 1 |
| 19155 | Candies, MARS SNACKFOOD US, SNICKERS Bar | 57 | 1 bar (2 oz) | 3 |
| 19156 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 5 | 1 piece | 0 |
| 19116 | Candies, marshmallows | 50 | 1 cup | 0 |
| 19120 | Candies, milk chocolate | 44 | 1 bar (1.55 oz) | 0 |
| 19126 | Candies, milk chocolate coated peanuts | 40 | 10 pieces | 0 |
| 19127 | Candies, milk chocolate coated raisins | 10 | 10 pieces | 0 |
| 19132 | Candies, milk chocolate, with almonds | 41 | 1 bar (1.45 oz) | 0 |
| 19143 | Candies, MR. GOODBAR Chocolate Bar | 49 | 1 bar (1.75 oz) | 0 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar | 7 | 1 fun size bar | 0 |
| 19150 | Candies, REESE'S Peanut Butter Cups | 45 | 1 package (contains 2) | 0 |
| 19080 | Candies, semisweet chocolate | 168 | 1 cup | 0 |
| 19087 | Candies, white chocolate | 170 | 1 cup | 0 |
| 09060 | Carambola, (starfruit), raw | 91 | 1 fruit | 23 |
| 09060 | Carambola, (starfruit), raw | 108 | 1 cup | 27 |
| 14121 | Carbonated beverage, club soda | 355 | 12 fl oz | 0 |
| 14400 | Carbonated beverage, cola, contains caffeine | 370 | 12 fl oz | 0 |
| 14136 | Carbonated beverage, ginger ale | 366 | 12 fl oz | 0 |
| 14416 | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355 | 12 fl oz | 0 |
| 14143 | Carbonated beverage, low calorie, other than cola or pepper, without caffeine | 355 | 12 fl oz | 0 |
| 14157 | Carbonated beverage, root beer | 370 | 12 fl oz | 0 |
| 14145 | Carbonated beverage, SPRITE, lemon-lime, without caffeine | 368 | 12 fl oz | 0 |
| 16055 | Carob flour | 8 | 1 tbsp | 1 |
| 11655 | Carrot juice, canned | 236 | 1 cup | 21955 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------------|------------------------|
| 11960 | Carrots, baby, raw | 10 | 1 medium | 639 |
| 11128 | Carrots, canned, regular pack, drained solids | 146 | 1 cup | 7783 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 156 | 1 cup | 12998 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146 | 1 cup | 11971 |
| 11124 | Carrots, raw | 72 | 1 carrot | 5965 |
| 11124 | Carrots, raw | 110 | 1 cup | 9114 |
| 11935 | Catsup | 15 | 1 tbsp | 84 |
| 11935 | Catsup | 6 | 1 packet | 34 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 54 | 3 flowerets | 4 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 124 | 1 cup | 9 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 11 |
| 11135 | Cauliflower, raw | 13 | 1 floweret | 0 |
| 11135 | Cauliflower, raw | 100 | 1 cup | 0 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150 | 1 cup | 470 |
| 11144 | Celery, cooked, boiled, drained, without salt | 37.5 | 1 stalk | 117 |
| 11143 | Celery, raw | 40 | 1 stalk | 108 |
| 11143 | Celery, raw | 120 | 1 cup | 324 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30 | 3/4 cup | 2 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55 | 1 cup | 19 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 30 | 3/4 cup | 13 |
| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 30 | 1 cup | 0 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 30 | 3/4 cup | 0 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 30 | 1 cup | 4 |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 30 | 1 cup | 25 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 30 | 3/4 cup | 6 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 30 | 1 cup | 0 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 30 | 3/4 cup | 9 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 55 | 1 cup | 2 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30 | 1-1/3 cup | 15 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 30 | 1 cup | 0 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 55 | 1 cup | 2 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS | 30 | 3/4 cup | 10 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 31 | 1-1/4 cup | 0 |
| 08246 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes | 30 | 1-1/3 cup | 21 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 55 | 1 cup | 2 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 30 | 1 cup | 7 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 30 | 1 cup | 2 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 30 | 1 cup | 1 |
| 08026 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran | 55 | cup (1 NLEA serving) | 0 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL | 30 | 3/4 cup | 1 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 30 | 1/2 cup | 1 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 30 | 1 cup | 9 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31 | 3/4 cup | 0 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes | 29 | 3/4 cup | 0 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|------------------------|
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28 | 1 cup | 45 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 31 | 1 cup | 12 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29 | 1 cup | 11 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 30 | 1 cup | 9 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 31 | 3/4 cup | 16 |
| 08319 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size | 55 | 1 cup | 0 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS | 27 | 3/4 cup | 0 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30 | 1 cup | 20 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 61 | 1 cup | 2 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33 | 1-1/4 cup | 0 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30 | 3/4 cup | 0 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31 | 1 cup | 0 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original | 51 | 1 cup | 0 |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 27 | 3/4 cup | 18 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES | 26 | 3/4 cup | 17 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27 | 3/4 cup | 18 |
| 08220 | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins | 50 | 1/2 cup | 4 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins | 51 | 1/2 cup | 1 |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 32 | 3/4 cup | 6 |
| 08219 | Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut | 49 | 1 cup | 0 |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 7.119 | 1 tbsp | 4 |
| 08147 | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free | 46 | 2 biscuits | 0 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 242 | 1 cup | 0 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 242 | 1 cup | 0 |
| 08103 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt | 251 | 1 cup | 0 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 177 | 1 packet | 0 |
| 08121 | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt | 234 | 1 cup | 0 |
| 08125 | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water | 149 | 1 packet | 0 |
| 08131 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water | 155 | 1 packet | 0 |
| 01046 | Cheese food, pasteurized process, american, without di sodium phosphate | 28.35 | 1 oz | 18 |
| 01164 | Cheese sauce, prepared from recipe | 243 | 1 cup | 63 |
| 01048 | Cheese spread, pasteurized process, american, without di sodium phosphate | 28.35 | 1 oz | 16 |
| 01004 | Cheese, blue | 28.35 | 1 oz | 21 |
| 01007 | Cheese, camembert | 38 | 1 wedge | 5 |
| 01009 | Cheese, cheddar | 28.35 | 1 oz | 24 |
| 01012 | Cheese, cottage, creamed, large or small curd | 210 | 1 cup | 25 |
| 01013 | Cheese, cottage, creamed, with fruit | 226 | 1 cup | 32 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 226 | 1 cup | 7 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------|------------------------|
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 226 | 1 cup | 14 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145 | 1 cup | 0 |
| 01017 | Cheese, cream | 14.5 | 1 tbsp | 13 |
| 01186 | Cheese, cream, fat free | 15.6 | 1 tbsp | 2 |
| 01019 | Cheese, feta | 28.35 | 1 oz | 1 |
| 01168 | Cheese, low fat, cheddar or colby | 28.35 | 1 oz | 1 |
| 01029 | Cheese, mozzarella, part skim milk, low moisture | 28.35 | 1 oz | 14 |
| 01026 | Cheese, mozzarella, whole milk | 28.35 | 1 oz | 16 |
| 01030 | Cheese, muenster | 28.35 | 1 oz | 4 |
| 01031 | Cheese, neufchatel | 28.35 | 1 oz | 8 |
| 01032 | Cheese, parmesan, grated | 5 | 1 tbsp | 4 |
| 01042 | Cheese, pasteurized process, american, with di sodium phosphate | 28.35 | 1 oz | 23 |
| 01044 | Cheese, pasteurized process, swiss, with di sodium phosphate | 28.35 | 1 oz | 18 |
| 01035 | Cheese, provolone | 28.35 | 1 oz | 19 |
| 01037 | Cheese, ricotta, part skim milk | 246 | 1 cup | 49 |
| 01036 | Cheese, ricotta, whole milk | 246 | 1 cup | 81 |
| 01040 | Cheese, swiss | 28.35 | 1 oz | 20 |
| 18147 | Cheesecake commercially prepared | 80 | 1 piece | 24 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244 | 1 cup | 1103 |
| 09070 | Cherries, sweet, raw | 68 | 10 cherries | 26 |
| 22906 | Chicken pot pie, frozen entree, prepared | 217 | 1 small pie | 1085 |
| 07017 | Chicken roll, light meat | 56.7 | 2 slices | 0 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 140 | 1/2 breast | 0 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 86 | 1/2 breast | 0 |
| 05073 | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | 44 | 1 drumstick | 0 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 145 | 1 cup | 19 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 52 | 1 thigh | 0 |
| 05277 | Chicken, canned, meat only, with broth | 142 | 5 oz | 0 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 19.6 | 1 liver | 6 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 140 | 1 cup | 0 |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned | 240 | 1 cup | 29 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164 | 1 cup | 26 |
| 11156 | Chives, raw | 3 | 1 tbsp | 78 |
| 14181 | Chocolate syrup | 18.75 | 1 tbsp | 0 |
| 14175 | Chocolate-flavor beverage mix for milk, powder, without added nutrients | 21.6 | 2-3 heaping tsp | 0 |
| 14177 | Chocolate-flavor beverage mix, powder, prepared with whole milk | 266 15 | 1 cup | 13 |
| 14196 | Cocoa mix, no sugar added, powder | | 1/2 oz envelope | _ |
| 14192 | Cocoa mix, powder | 28.35 | 3 heaping tsp | 0 |
| 14194 | Cocoa mix, powder, prepared with water | 206 | 1 serving | 0 |
| 14390 | Cocoa mix, with aspartame, powder, prepared with water | 192 | 1 serving | 0 |
| 19165 | Cocoa, dry powder, unsweetened | 5.4 | 1 tbsp | 0 |
| 14209 | Coffee, brewed from grounds, prepared with tap water | 178 | 6 fl oz | 0 |
| 14210 | Coffee, brewed, espresso, restaurant-prepared | 60 | 2 fl oz | 0 |
| 14215 | Coffee, instant, regular, prepared with water | 179 | 6 fl oz | 0 |

| 11162 | NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--|--------|--|------------|----------------------------|------------------------|
| 11164 Collards, frozen, chopped, cocked, boiled, drained, without salt 170 1 cup 1150 18151 Cookies, brownies, commercially prepared 56 1 brownie 1816 18155 Cookies, brownies, dry mic, special dietary, prepared 22 1 brownie 1 18155 Cookies, chocolate chip, commercially prepared, regular, highe int., christian 10 1 cookie 2 18166 Cookies, chocolate candwich, with creme filling, regular 10 1 cookie 2 18166 Cookies, chocolate sandwich, with creme filling, regular 16 1 cookie 1 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 1 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 1 18177 Cookies, molasses 15 1 cookie, demended commercially prepared, regular 25 1 cookie, demended commercially prepared, regular 25 1 cookie 1 18178 Cookies, admend, commercially prepared, regular 25 1 cookie 1 1 1 1 1 1 </td <td>11159</td> <td>Coleslaw, home-prepared</td> <td>120</td> <td>1 cup</td> <td>166</td> | 11159 | Coleslaw, home-prepared | 120 | 1 cup | 166 |
| 18151 Cookles, brownies, commercially prepared 56 1 brownie 18197 Cookles, butter, commercially prepared, eniched 5 1 cookle 18155 Cookles, butter, commercially prepared, eniched 5 1 cookle 18159 Cookles, chocolate chip, commercially prepared, regular, higher and prepared, eniched 10 1 cookle 18165 Cookles, chocolate shedwich, with creme filling, regular 10 1 cookle 18166 Cookles, Cookles, glaban or cookles, glaban or honey (includes cinnamon) 14 2 squares 18173 Cookles, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookles, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookles, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookles, glaban crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookles, glaban crackers, plain or honey (includes cinnamon) 18 1 cookle large (3-1/2" to cookles, cookles, commercially prepared, regular 25 1 cookle 18187 Cookles, so, south cookles, cookles, cookles, cookles, cookles, cookles, cookles, cookl | 11162 | Collards, cooked, boiled, drained, without salt | 190 | 1 cup | 9147 |
| 18197 | 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170 | 1 cup | 11591 |
| 18155 Cookies, butter, commercially prepared, eminched 5 1 cookie 18159 Cookies, choclate chip, commercially prepared, regular, higher 10 1 cookie 18165 Cookies, choclate chip, prepared from recipe, made with 16 1 cookie 18166 Cookies, choclate sandwich, with creme filling, regular 10 1 cookie 18170 Cookies, figham 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cookie 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 21 1 cookie lange (3-1/2" to cookies, cookies, plain cinnamon) 21 1 cookie lange (3-1/2" to cookies, cookies, plain cinnamon) 21 1 cookie cookies, cookies, plain cinnamon 15 1 cookie 2 18189 Cookies, parant butter, commercially prepared, regular (includes cinnamon) 15 1 c | 18151 | Cookies, brownies, commercially prepared | 56 | 1 brownie | 0 |
| 18159 | 18197 | Cookies, brownies, dry mix, special dietary, prepared | 22 | 1 brownie | 0 |
| International Internationa | 18155 | Cookies, butter, commercially prepared, enriched | 5 | 1 cookie | 2 |
| margarine marg | 18159 | | 10 | 1 cookie | 0 |
| 18170 Cookies, fig bars 16 1 cookies 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18456 Cookies, coatmeal, commercially prepared, regular 25 1 cookie 18178 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 2 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 2 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 2 18192 Cookies, subgar, commercially prepared, plain 8 1 cookie 2 18204 Cookies, subgar, commercially prepared, regular (includes 15 1 cookie 2 18205 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 15 | 18165 | | 16 | 1 cookie | 24 |
| 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18456 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18189 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 2 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 2 18204 Cookies, sugar, beanut butter, prepared from recipe 20 1 cookie 2 182192 Cookies, sugar, beanut butter, prepared from recipe 15 1 cookie 2 18204 Cookies, sugar, bepared from recipe, made with margarine 14 1 cookie 2 18205 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling | 18166 | Cookies, chocolate sandwich, with creme filling, regular | 10 | 1 cookie | 0 |
| 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cookie, medium 18177 Cookies, molasses 15 1 cookie, medium 18476 Cookies, molasses 32 1 cookie, alarge (3-1/2' to 18476 Cookies, oatmeal, commercially prepared, feqular 25 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 2 18192 Cookies, sugar, commercially prepared, regular (includes) 15 1 cookie 2 18204 Cookies, sugar, commercially prepared, regular (includes) 15 1 cookie 2 18208 Cookies, sugar, commercially prepared, regular (includes) 15 1 cookie 2 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18200 Cookies, sugar, refrigerated dough, baked 15 1 cookie 1 18210 Cookies, vanilla sandw | 18170 | Cookies, fig bars | 16 | 1 cookie | 0 |
| 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2' to 18178 Cookies, catmeal, commercially prepared, fet-free 11 1 cookie 18178 Cookies, catmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18192 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat < | 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 14 | 2 squares | 0 |
| 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18466 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, sonthread, commercially prepared, regular (includes 2 18192 Cookies, shorthread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes variallis) 1 cookie 2 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 1 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 1 18210 Cookies, vanilla sandwich with creme filling 15 1 car | 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 84 | 1 cup | 1 |
| 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18192 Cookies, shortbread, commercially prepared, regular (includes 15 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18200 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla wafers, lower fat 7 1 ear 11174 Corn, sweet, willow, canned, veram style, regular pack 210 1 cup | 18177 | Cookies, molasses | 15 | 1 cookie, medium | 0 |
| 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18202 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes variall) 15 1 cookie 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 2 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 1 18214 Cook, sweet, wellow, canned, vacuum pack, regular pack 256 1 cup 6 11174 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 11175 Corn, sweet, yellow, | 18177 | Cookies, molasses | 32 | 1 cookie, large (3-1/2" to | 0 |
| 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 2 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 2 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 2 18204 Cookies, shortbread, commercially prepared, regular (includes varilla) 15 1 cookie 2 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 2 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 4 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 4 11901 Corn, sweet, wellow, canned, cream style, regular pack 256 1 cup 7 11174 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 18456 | Cookies, oatmeal, commercially prepared, fat-free | 11 | 1 cookie | 0 |
| 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 15 1 cookie 18206 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, unilla sandwich with creme filling 15 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 coup 11190 Corn, sweet, wellow, cooked, boiled, drained, without salt 77 1 ear | 18178 | Cookies, oatmeal, commercially prepared, regular | 25 | 1 cookie | 0 |
| 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 2 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 15 1 cookie 18208 Cookies, sugar, perfigerated dough, baked 15 1 cookie 2 18210 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 2 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 1 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 1 11901 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 7 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 111779 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 5 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 13 1 cup | 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 15 | 1 cookie | 22 |
| 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 15 1 cookie 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 2 18210 Cookies, vanilla sandwich with creme filling 16 1 cookie 1 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 1 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 1 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 1 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 6 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 77 1 ear 3 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 18185 | Cookies, peanut butter, commercially prepared, regular | 15 | 1 cookie | 0 |
| 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 15 1 cookie 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 2 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 1 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 1 18212 Cookies, vanilla walters, lower fat 4 1 cookie 1 18212 Cookies, vanilla walters, lower fat 4 1 cookie 1 11174 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 1 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 5 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, drained, without salt 164 1 cup 8 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 122 1 cup 13 20022 Cornmeal, deg | 18189 | Cookies, peanut butter, prepared from recipe | 20 | 1 cookie | 28 |
| Namilla Nami | 18192 | Cookies, shortbread, commercially prepared, plain | 8 | 1 cookie | 1 |
| 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 7 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 5 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 3 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 11 20022 Cornmeal, whole-grain, yellow 122 1 cup 11 20029 Couscous, cooked 157 1 cup 7 11192 Cowpeas (Blackeyes), immature seeds, fro | 18204 | | 15 | 1 cookie | 0 |
| 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 6 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 11178 Corn, sweet, yellow, conked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 8 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 3 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 11 20022 Cornmeal, whole-grain, yellow 122 1 cup 11 20029 Couscous, cooked 157 1 cup 7 11192 Cowpeas (| 18208 | Cookies, sugar, prepared from recipe, made with margarine | 14 | 1 cookie | 24 |
| 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 6 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 11178 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 8 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 3 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 13 20022 Cormeal, whole-grain, yellow 122 1 cup 11 20029 Couscous, cooked 157 1 cup 78 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 170 1 cup 7 <t< td=""><td>18206</td><td>Cookies, sugar, refrigerated dough, baked</td><td>15</td><td>1 cookie</td><td>0</td></t<> | 18206 | Cookies, sugar, refrigerated dough, baked | 15 | 1 cookie | 0 |
| 18212 Cookies, vanilla wafers, lower fat Corn, sweet, white, cooked, boiled, drained, without salt Corn, sweet, yellow, canned, cream style, regular pack Corn, sweet, yellow, canned, vacuum pack, regular pack Corn, sweet, yellow, cooked, boiled, drained, without salt Corn, sweet, yellow, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt Cowpeas, cooked, boiled, without salt Crackers, cheese, regular Corackers, cheese, sandwich-type with peanut butter filling Crackers, cheese, sandwich-type with peanut butter filling Crackers, matzo, plain Crackers, melba toast, plain | 18210 | Cookies, vanilla sandwich with creme filling | 15 | 1 cookie | 0 |
| 11901 Corn, sweet, white, cooked, boiled, drained, without salt 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 7 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 1120022 Cornmeal, degermed, enriched, yellow 138 1 cup 138 14 cup 15 16 17 17 18 18 17 18 18 18 18 18 18 18 18 18 18 18 18 18 | 18210 | Cookies, vanilla sandwich with creme filling | 10 | 1 cookie | 0 |
| 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 7 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 8 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 3 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 13 20020 Cornmeal, whole-grain, yellow 122 1 cup 11 20027 Cornstarch 8.064 1 tbsp 20029 Couscous, cooked 157 1 cup 78 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 170 1 cup 7 1196 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 172 1 cup 1 18214 Crackers, cheese, regular 10 10 crackers | 18212 | Cookies, vanilla wafers, lower fat | 4 | 1 cookie | 0 |
| 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 6 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 8 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 3 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 13 20020 Cornmeal, whole-grain, yellow 122 1 cup 11 20027 Cornstarch 8.064 1 tbsp 20029 Couscous, cooked 157 1 cup 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 165 1 cup 7 11196 Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt 170 1 cup 7 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 10 10 crackers 18214 Crackers, cheese, regular 10 10 crackers < | 11901 | Corn, sweet, white, cooked, boiled, drained, without salt | 77 | 1 ear | 1 |
| 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 5 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 1 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 1 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 1 1182 Cornmeal, degermed, enriched, yellow 138 1 cup 13 138 1 cup 13 138 1 cup 13 138 1 cup 14 14 cup 15 15 1 cup 17 16 coverant 16 1 cup 17 17 1 cup 17 18 1 cup 19 1 cup 1 | 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256 | 1 cup | 77 |
| 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 13 20020 Cornmeal, whole-grain, yellow 122 1 cup 11 20027 Cornstarch 20029 Couscous, cooked 157 1 cup 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt 11196 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, without salt 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 18214 Crackers, cheese, regular 10 10 crackers 18215 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 18217 Crackers, melba toast, plain 20 4 pieces | 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 210 | 1 cup | 69 |
| without salt Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt Cornmeal, degermed, enriched, yellow Cornmeal, whole-grain, yellow 138 1 cup 138 1 cup 138 20020 Cornmeal, whole-grain, yellow 122 1 cup 11 20027 Cornstarch 8.064 1 tbsp 20029 Couscous, cooked 157 1 cup 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt 11196 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt Crackers, cheese, regular 10 10 crackers 18214 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 18217 Crackers, matzo, plain 20 4 pieces | 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 77 | 1 ear | 51 |
| drained, without salt 20022 Cornmeal, degermed, enriched, yellow 138 1 cup 13 20020 Cornmeal, whole-grain, yellow 122 1 cup 11 20027 Cornstarch 8.064 1 tbsp 20029 Couscous, cooked 157 1 cup 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt 11196 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 18214 Crackers, cheese, regular 10 10 crackers 18215 Crackers, cheese, sandwich-type with peanut butter filling 17 1 sandwich 18217 Crackers, matzo, plain 28.35 1 matzo 18220 Crackers, melba toast, plain 20 4 pieces | 11179 | | 164 | 1 cup | 82 |
| 20020Cornmeal, whole-grain, yellow1221 cup1120027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup716063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup118214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo18220Crackers, melba toast, plain204 pieces | 11181 | | 63 | 1 ear | 37 |
| Cornstarch 8.064 1 tbsp Couscous, cooked 157 1 cup Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt Crackers, cheese, regular 10 10 crackers Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich Crackers, matzo, plain 28.35 1 matzo Crackers, melba toast, plain 20 4 pieces | 20022 | Cornmeal, degermed, enriched, yellow | 138 | 1 cup | 134 |
| Couscous, cooked 157 1 cup Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt Crackers, cheese, regular Crackers, cheese, regular Crackers, cheese, sandwich-type with peanut butter filling Crackers, matzo, plain Crackers, melba toast, plain Crackers, melba toast, plain | 20020 | Cornmeal, whole-grain, yellow | 122 | 1 cup | 118 |
| Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 172 1 cup 1 18214 Crackers, cheese, regular 10 10 crackers 18215 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 18217 Crackers, matzo, plain 28.35 1 matzo 18220 Crackers, melba toast, plain 20 4 pieces | 20027 | Cornstarch | 8.064 | 1 tbsp | 0 |
| drained, without salt 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 18214 Crackers, cheese, regular 10 10 crackers 18215 Crackers, cheese, sandwich-type with peanut butter filling 18217 Crackers, matzo, plain 28.35 1 matzo 18220 Crackers, melba toast, plain 20 4 pieces | 20029 | Couscous, cooked | 157 | 1 cup | 0 |
| drained, without salt 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 18214 Crackers, cheese, regular 18215 Crackers, cheese, sandwich-type with peanut butter filling 18217 Crackers, matzo, plain 18220 Crackers, melba toast, plain 172 1 cup 10 10 crackers 1 sandwich 2 8.35 1 matzo 4 pieces | 11192 | | 165 | 1 cup | 784 |
| seeds, cooked, boiled, without salt 18214 Crackers, cheese, regular 10 10 crackers 18215 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 18217 Crackers, matzo, plain 28.35 1 matzo 18220 Crackers, melba toast, plain 20 4 pieces | 11196 | | 170 | 1 cup | 77 |
| 18215 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 18217 Crackers, matzo, plain 28.35 1 matzo 18220 Crackers, melba toast, plain 20 4 pieces | | seeds, cooked, boiled, without salt | | · | 15 |
| 18217 Crackers, matzo, plain 28.35 1 matzo 18220 Crackers, melba toast, plain 20 4 pieces | | · · · · · · · · · · · · · · · · · · · | | | 1 |
| 18220 Crackers, melba toast, plain 20 4 pieces | 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 7 | 1 sandwich | 0 |
| | 18217 | Crackers, matzo, plain | 28.35 | 1 matzo | 0 |
| 18226 Crackers, rye, wafers, plain 11 1 wafer | 18220 | Crackers, melba toast, plain | 20 | 4 pieces | 0 |
| | 18226 | Crackers, rye, wafers, plain | 11 | 1 wafer | 0 |

| NDB_ | No Description | Weight (g) | Common Measure | Content per Measure |
|-------|---|------------|----------------|------------------------|
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 12 | 4 crackers | 0 |
| 18229 | Crackers, standard snack-type, regular | 12 | 4 crackers | 0 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 7 | 1 sandwich | 0 |
| 18232 | Crackers, wheat, regular | 8 | 4 crackers | 0 |
| 18235 | Crackers, whole-wheat | 16 | 4 crackers | 0 |
| 14242 | Cranberry juice cocktail, bottled | 253 | 8 fl oz | 13 |
| 09081 | Cranberry sauce, canned, sweetened | 57 | 1 slice | 14 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 15 | 1 tbsp | 1 |
| 01069 | Cream substitute, powdered | 2 | 1 tsp | 0 |
| 01049 | Cream, fluid, half and half | 15 | 1 tbsp | 3 |
| 01053 | Cream, fluid, heavy whipping | 15 | 1 tbsp | 11 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 15 | 1 tbsp | 6 |
| 01052 | Cream, fluid, light whipping | 15 | 1 tbsp | 9 |
| 01056 | Cream, sour, cultured | 12 | 1 tbsp | 3 |
| 01055 | Cream, sour, reduced fat, cultured | 15 | 1 tbsp | 3 |
| 01054 | Cream, whipped, cream topping, pressurized | 3 | 1 tbsp | 1 |
| 18239 | Croissants, butter | 57 | 1 croissant | 22 |
| 18243 | Croutons, seasoned | 40 | 1 cup | 2 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85 | 3 oz | 0 |
| 15141 | Crustaceans, crab, blue, canned | 135 | 1 cup | 0 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 85 | 3 oz | 0 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 85 | 3 oz | 0 |
| 15152 | Crustaceans, shrimp, mixed species, canned | 85.05 | 3 oz | 0 |
| 11206 | Cucumber, peeled, raw | 119 | 1 cup | 37 |
| 11206 | Cucumber, peeled, raw | 280 | 1 large | 87 |
| 11205 | Cucumber, with peel, raw | 301 | 1 large | 135 |
| 11205 | Cucumber, with peel, raw | 104 | 1 cup | 47 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105 | 1 cup | 4137 |
| 18245 | Danish pastry, cheese | 71 | 1 danish | 6 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71 | 1 danish | 1 |
| 09087 | Dates, deglet noor | 178 | 1 cup | 11 |
| 09087 | Dates, deglet noor | 41.5 | 5 dates | 2 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 4 | 1 tbsp | 0 |
| 01072 | Dessert topping, pressurized | 4 | 1 tbsp | 2 |
| 01073 | Dessert topping, semi solid, frozen | 4 | 1 tbsp | 3 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 14 | 1 hole | 0 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 47 | 1 medium | 0 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 13 | 1 hole | 0 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 60 | 1 medium | 2 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 221 | 1/2 duck | 0 |
| 18257 | Eclairs, custard-filled with chocolate glaze, prepared from recipe | 100 | 1 eclair | 117 |
| 01124 | Egg, white, raw, fresh | 33.4 | 1 large | 0 |
| 01128 | Egg, whole, cooked, fried | 46 | 1 large | 16 |
| 01129 | Egg, whole, cooked, hard-boiled | 50 | 1 large | 6 |
| 01131 | Egg, whole, cooked, poached | 50 | 1 large | 0 |
| 01132 | Egg, whole, cooked, scrambled | 61 | 1 large | 16 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------------------|------------------------|
| 01123 | Egg, whole, raw, fresh | 50 | 1 large | 0 |
| 01123 | Egg, whole, raw, fresh | 44 | 1 medium | 0 |
| 01123 | Egg, whole, raw, fresh | 58 | 1 extra large | 0 |
| 01125 | Egg, yolk, raw, fresh | 16.6 | 1 large | 15 |
| 01057 | Eggnog | 254 | 1 cup | 18 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99 | 1 cup | 22 |
| 11213 | Endive, raw | 50 | 1 cup | 650 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 57 | 1 muffin | 0 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52 | 1 muffin | 0 |
| 21302 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust | 106 | 1 slice | 100 |
| 21005 | Fast Foods, biscuit, with egg and sausage | 180 | 1 biscuit | 76 |
| 21090 | Fast foods, cheeseburger; single, regular patty, with condiments | 113 | 1 sandwich | 62 |
| 21229 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 106 | 6 pieces | 0 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 137 | 1 muffin | 16 |
| 21024 | Fast foods, french toast sticks | 141 | 5 sticks | 4 |
| 21108 | Fast foods, hamburger; single, regular patty; with condiments | 106 | 1 sandwich | 36 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 134 | 1 medium | 0 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 85 | 1 small | 0 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 169 | 1 large | 0 |
| 21026 | Fast foods, potatoes, hashed brown | 72 | 1/2 cup | 0 |
| 21028 | Fast foods, vanilla, light, soft-serve ice cream, with cone | 103 | 1 cone | 5 |
| 09094 | Figs, dried, uncooked | 38 | 2 figs | 2 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 85 | 3 oz | 0 |
| 15192 | Fish, cod, Pacific, cooked, dry heat | 85 | 3 oz | 0 |
| 15027 | Fish, fish portions and sticks, frozen, preheated | 57 | 1 portion (4" x 2" x 1/2") | 0 |
| 15027 | Fish, fish portions and sticks, frozen, preheated | 28 | 1 stick (4" x 1" x 1/2") | 0 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127 | 1 fillet | 0 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 85 | 3 oz | 0 |
| 15034 | Fish, haddock, cooked, dry heat | 85 | 3 oz | 0 |
| 15034 | Fish, haddock, cooked, dry heat | 150 | 1 fillet | 0 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 159 | 1/2 fillet | 0 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 85 | 3 oz | 0 |
| 15041 | Fish, herring, Atlantic, pickled | 85.05 | 3 oz | 0 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 85 | 3 oz | 0 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50 | 1 fillet | 0 |
| 15067 | Fish, pollock, walleye, cooked, dry heat | 60 | 1 fillet | 0 |
| 15067 | Fish, pollock, walleye, cooked, dry heat | 85 | 3 oz | 0 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 149 | 1 fillet | 0 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 85 | 3 oz | 0 |
| 15232 | Fish, roughy, orange, cooked, dry heat | 85 | 3 oz | 0 |
| 15077 | Fish, salmon, chinook, smoked | 85.05 | 3 oz | 0 |
| 15084 | Fish, salmon, pink, canned, solids with bone and liquid | 85 | 3 oz | 0 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 155 | 1/2 fillet | 0 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 85 | 3 oz | 0 |
| 15088 | Fish, sardine, Atlantic, canned in oil, drained solids with bone | 85.05 | 3 oz | 0 |
| 15111 | Fish, swordfish, cooked, dry heat | 106 | 1 piece | 0 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-------------------|------------------------|
| 15111 | Fish, swordfish, cooked, dry heat | 85 | 3 oz | 0 |
| 15241 | Fish, trout, rainbow, farmed, cooked, dry heat | 85 | 3 oz | 0 |
| 15119 | Fish, tuna, light, canned in oil, drained solids | 85.05 | 3 oz | 0 |
| 15121 | Fish, tuna, light, canned in water, drained solids | 85 | 3 oz | 0 |
| 15126 | Fish, tuna, white, canned in water, drained solids | 85 | 3 oz | 0 |
| 15221 | Fish, tuna, yellowfin, fresh, cooked, dry heat | 85 | 3 oz | 0 |
| 07022 | Frankfurter, beef | 45 | 1 frank | 0 |
| 07023 | Frankfurter, beef and pork | 45 | 1 frank | 0 |
| 07024 | Frankfurter, chicken | 45 | 1 frank | 0 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 65 | 1 slice | 43 |
| 19230 | Frostings, vanilla, creamy, ready-to-eat | 38 | 1/12 package | 0 |
| 19263 | Frozen novelties, fruit and juice bars | 77 | 1 bar (2.5 fl oz) | 8 |
| 19283 | Frozen novelties, ice type, pop | 59 | 1 bar (2 fl oz) | 0 |
| 19393 | Frozen yogurts, chocolate, soft-serve | 72 | 1/2 cup | 9 |
| 19293 | Frozen yogurts, vanilla, soft-serve | 72 | 1/2 cup | 8 |
| 19294 | Fruit butters, apple | 17 | 1 tbsp | 2 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248 | 1 cup | 258 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237 | 1 cup | 365 |
| 14267 | Fruit punch drink, with added nutrients, canned | 248 | 8 fl oz | 35 |
| 11215 | Garlic, raw | 3 | 1 clove | 0 |
| 19173 | Gelatin desserts, dry mix, prepared with water | 135 | 1/2 cup | 0 |
| 19176 | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117 | 1/2 cup | 0 |
| 14277 | Grape drink, canned | 250 | 8 fl oz | 0 |
| 09137 | Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid | 250 | 1 cup | 13 |
| 09136 | Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid | 216 | 6-fl-oz can | 37 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added ascorbic acid | 253 | 1 cup | 13 |
| 09124 | Grapefruit juice, white, canned, sweetened | 250 | 1 cup | 8 |
| 09123 | Grapefruit juice, white, canned, unsweetened | 247 | 1 cup | 7 |
| 09126 | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 247 | 1 cup | 10 |
| 09125 | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 207 | 6-fl-oz can | 27 |
| 09128 | Grapefruit juice, white, raw | 247 | 1 cup | 10 |
| 09112 | Grapefruit, raw, pink and red, all areas | 123 | 1/2 grapefruit | 844 |
| 09116 | Grapefruit, raw, white, all areas | 118 | 1/2 grapefruit | 17 |
| 09121 | Grapefruit, sections, canned, light syrup pack, solids and liquids | 254 | 1 cup | 0 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | 160 50 | 1 cup | 62 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | | 10 grapes | 20 |
| 06116 | Gravy, beef, canned, ready-to-serve | 58.25 | 1/4 cup | 0 |
| 06119 | Gravy, chicken, canned, ready-to-serve | 59.5 | 1/4 cup | 0 |
| 06125 | Gravy, turkey, canned, ready-to-serve | 59.6 | 1/4 cup | 0 |
| 07027 | Ham, chopped, not canned | 21 | 2 slices | 0 |
| 07028 | Ham, sliced, extra lean | 56.7 | 2 slices | 0 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 56.7 | 2 slices | 0 |
| 19296 | Honey | 21 | 1 tbsp | 0 |

| 1500 | NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--|--------|---|------------|----------------|------------------------|
| 1909 | 02055 | Horseradish, prepared | 5 | 1 tsp | 0 |
| 19095 Lee creams, vanilla 130 12 cup 9 13 19088 Lee creams, vanilla 1911 16089 Lee creams, vanilla 1911 17 cup 24 18297 24 24 18297 24 25 26 27 27 27 28 28 29 29 29 29 29 29 | 19270 | Ice creams, chocolate | 66 | 1/2 cup | 13 |
| 19088 ce creams, vanilla, light 66 1/2 cup 24 | 19090 | Ice creams, french vanilla, soft-serve | 86 | 1/2 cup | 26 |
| 19089 Ce creams, vanilla, nich | 19095 | Ice creams, vanilla | 66 | 1/2 cup | 13 |
| 19297 Jams and preserves | 19088 | Ice creams, vanilla, light | 66 | 1/2 cup | 9 |
| 1930 Jellies 19 | 19089 | Ice creams, vanilla, rich | 74 | 1/2 cup | 24 |
| 11226 Jerusalem-artichokes, raw 150 1 cup 18 11228 Kale, cooked, bolled, drained, without salt 130 1 cup 10625 11228 Kale, frozen, cooked, bolled, drained, without salt 130 1 cup 11470 08148 Kiwifruit, green, raw 76 1 medium 40 11242 Kohiriabi, cooked, bolled, drained, without salt 165 1 cup 35 17012 Lamb, domestic, leg, whole (shank and sirioin), separable lean and fat, trimmed to 14" fat, choice, cooked, roasted 85 3 oz 0 17014 Larb, domestic, loin, separable lean and sirioin, separable lean only, trimmed to 14" fat, choice, cooked, broiled 85 3 oz 0 17027 Larb, domestic, loin, separable lean only, trimmed to 14" fat, choice, cooked, broiled 85 3 oz 0 47020 Lad 1 tap 0 1 18339 Leavening agents, baking powder, double-acting, straight choice, cooked, broiled 4.6 1 tsp 0 183371 Leavening agents, baking powder, double-acting, straight probable stra | 19297 | Jams and preserves | 20 | 1 tbsp | 0 |
| 11234 Kale, cooked, boiled, drained, without salt 130 1 cup 110625 Kale, frozen, cooked, boiled, drained, without salt 130 1 cup 11470 Kale, frozen, cooked, boiled, drained, without salt 130 1 cup 11470 Kale, frozen, cooked, boiled, drained, without salt 165 1 cup 35 Lamb, domestic, leg, whole (shank and sirloin), separable lean 85 3 oz 0 Lamb, domestic, leg, whole (shank and sirloin), separable lean 85 3 oz 0 Lamb, domestic, leg, whole (shank and sirloin), separable lean 85 3 oz 0 Lamb, domestic, loin, separable lean and fat, trimmed to 114* fat, choice, cooked, cooked, roasted 128 3 oz 0 Lamb, domestic, loin, separable lean and fat, trimmed to 114* fat, choice, cooked, broiled 128 1 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 128 1 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 128 1 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 1 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 1 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 1 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 4 tisp 0 Lamb, domestic, loin, separable lean only, trimmed to 114* fat, choice, cooked, broiled 4 tisp 0 Lawreling agents, baking powder, double-acting, straight 4 tisp 0 Lawreling agents, baking powder, double-acting, straight 4 tisp 0 Lawreling agents, baking powder, tow-sodium 5 tisp 0 Lawreling agents, baking powder, tow-sodium 5 tisp 0 Lawreling agents, yeast, baker's, active dry 7 tisp 0 Lawreling agents, yeast, baker's, active dry 7 tisp 0 Lawreling agents, yeast, baker's, active dry 7 tisp 0 Lawreling agents, yeast, baker's, active dry 7 | 19300 | Jellies | 19 | 1 tbsp | 1 |
| 11236 | 11226 | Jerusalem-artichokes, raw | 150 | 1 cup | 18 |
| 09148 Kiwfiruit, green, raw 76 1 medium 40 11242 Kohlrabi, cooked, bioled, drained, without salt 165 1 cup 35 17012 Lamb, domestic, leg, whole (shank and siricin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted 85 3 oz 0 17014 Lamb, domestic, log, whole (shank and siricin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85 3 oz 0 17024 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85 3 oz 0 04020 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 12.8 1 tisp 0 04021 Lard 12.8 1 tisp 0 18369 Leavening agents, baking powder, double-acting, straight 4.6 1 tisp 0 18371 Leavening agents, baking powder, double-acting, straight 4.6 1 tisp 0 18372 Leavening agents, baking powder, low-sodium 5 1 tisp 0 18373 Leavening agents, baking powder, low-sodium 4.6 1 tisp 0 < | 11234 | Kale, cooked, boiled, drained, without salt | 130 | 1 cup | 10625 |
| 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 35 17012 Lamb, domestic, leg, whole (shank and sirioln), separable lean and fat, trimmed to 114" fat, choice, cooked, cooked, coasted 85 3 oz 0 17014 Lamb, domestic, leg, whole (shank and sirioln), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85 3 oz 0 17027 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85 3 oz 0 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85 3 oz 0 04002 Lard 1 tsp, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 1 tsp 0 18309 Leavening agents, baking powder, double-acting, sodium 4.6 1 tsp 0 18371 Leavening agents, baking powder, double-acting, straight prophists 4.6 1 tsp 0 18371 Leavening agents, baking powder, double-acting, straight prophists 4.6 1 tsp 0 18371 Leavening agents, baking powder, double-acting, straight prophists 4.6 1 tsp 0 18372 | 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130 | 1 cup | 11470 |
| 17012 | 09148 | Kiwifruit, green, raw | 76 | 1 medium | 40 |
| and fat, trimmed to 1/4" fat, choice, cooked, reasted 17014 Lamb, domestic, leip, whole (shake and sirloin), separable lean 17024 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" at, choice, cooked, broiled 17027 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" at, choice, cooked, broiled 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, at, choice, cooked, broiled 17028 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, at, choice, cooked, broiled 18080 Lawening agents, baking powder, double-acting, sodium aluminum sulfate 18389 Leavening agents, baking powder, double-acting, straight 18370 Leavening agents, baking powder, double-acting, straight 18371 Leavening agents, baking powder, double-acting, straight 18372 Leavening agents, baking powder, double-acting, straight 18373 Leavening agents, baking soda 18374 Leavening agents, baking soda 18375 Leavening agents, cream of tartar 18375 Leavening agents, yeast, baker's, active dry 18376 Leavening agents, yeast, baker's, active dry 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 17 1 cake 18377 Leavening agents, yeast, baker's, compressed 18377 Leavening agents, yeast, baker's, compressed 17 1 cake 18376 Leavening agents, yeast, baker's, compressed 18377 Leavening agents, yeast, baker's, compressed 18378 Leavening agents, yeast, baker's, compr | 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165 | 1 cup | 35 |
| only, trimmed to 1/4" fat, choice, cooked, proasted fat, trimmed to 1/4" fat, choice, cooked, broiled fat, choice, | 17012 | | 85 | 3 oz | 0 |
| fat, choice, cooked, broiled Fat, choice, cooked, broiled 3 oz 0 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 12.8 1 tbsp 0 18369 Leavening agents, baking powder, double-acting, sodium 4.6 1 tsp 0 18370 Leavening agents, baking powder, double-acting, straight 4.6 1 tsp 0 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 0 18372 Leavening agents, baking soda 4.6 1 tsp 0 18373 Leavening agents, cream of tartar 3 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18374 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 11247 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 09153 Leavening agents, yeast, baker's, active dry 17 1 cake 0 09153< | | only, trimmed to 1/4" fat, choice, cooked, roasted | | | |
| Choice, cooked, broiled 12.8 | | fat, choice, cooked, broiled | | | |
| 18369 Leavening agents, baking powder, double-acting, sodium 4.6 1 tsp 0 18370 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 0 18372 Leavening agents, cream of tartar 3 1 tsp 0 18373 Leavening agents, yeast, baker's, active dry 4 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0 11247 Leeks, (bub and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 09153 Lemon juice, canned or bottled 244 1 cup 5 09153 Lemon juice, canned or bottled 244 1 cup 5 09152 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14297 </td <td></td> <td>choice, cooked, broiled</td> <td></td> <td></td> <td></td> | | choice, cooked, broiled | | | |
| A | | | | · | |
| Phosphate | | aluminum sulfate | | · | |
| 18372 Leavening agents, baking soda 4.6 1 tsp 0 18373 Leavening agents, cream of tartar 3 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 19153 Lemon juice, canned or bottled 15.2 1 tbsp 0 09153 Lemon juice, canned or bottled 24 1 cup 5 09153 Lemon juice, canned or bottled 24 1 cup 5 09153 Lemon juice, canned or bottled 24 1 cup 5 09154 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14297 Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 16070 <t< td=""><td></td><td>phosphate</td><td></td><td>•</td><td></td></t<> | | phosphate | | • | |
| 18373 Leavening agents, cream of tartar 3 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 4 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 09153 Lemon juice, canned or bottled 244 1 cup 5 09153 Lemon juice, canned or bottled 244 1 cup 5 09153 Lemon juice, canned or bottled 244 1 cup 5 09154 Lemon juice, canned or bottled 244 1 cup 5 09155 Lemon juice, canned or bottled 244 1 cup 0 14290 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 14297 Lemonade-fla | | | | · | - |
| 18375 Leavening agents, yeast, baker's, active dry 4 1 tsp 0 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 09153 Lemon juice, canned or bottled 244 1 cup 5 09154 Lemon juice, canned or bottled 244 1 cup 5 09155 Lemon juice, canned or bottled 244 1 cup 5 09156 Lemon juice, canned or bottled 244 1 cup 5 09157 Lemon juice, canned or bottled 244 1 cup 5 09158 Lemon juice, canned or bottled 244 1 cup 5 09159 Lemonade, flow calorie, with aspartame, powder, prepared with water 248 8 fl oz 0 14297 Lemonade, flow calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 14297 L | | | - | • | _ |
| 18375 Leavening agents, yeast, baker's, active dry 7 1 pkg 0 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 09153 Lemon juice, canned or bottled 244 1 cup 5 09153 Lemon juice, canned or bottled 244 1 cup 5 09154 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14294 Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 16070 Lentili, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf | | | | • | _ |
| 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 0 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 09153 Lemon juice, canned or bottled 15.2 1 tbsp 0 09153 Lemon juice, canned or bottled 244 1 cup 5 09152 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentilis, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 23 <t< td=""><td></td><td></td><td></td><td></td><td>_</td></t<> | | | | | _ |
| 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt 104 1 cup 506 09153 Lemon juice, canned or bottled 15.2 1 tbsp 0 09153 Lemon juice, canned or bottled 244 1 cup 5 09152 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, green leaf, raw 56 1 cup 2927 112 | | | | . • | _ |
| 09153 Lemon juice, canned or bottled 15.2 1 tbsp 0 09153 Lemon juice, canned or bottled 244 1 cup 5 09152 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead | | | | | _ |
| 09153 Lemon juice, canned or bottled 244 1 cup 5 09152 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11251 Lettuce, cos or romaine, raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes cris | | without salt | | · | |
| 09152 Lemon juice, raw 47 juice of 1 lemon 0 14293 Lemonade, frozen concentrate, white, prepared with water 248 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 <td< td=""><td></td><td>•</td><td></td><td>•</td><td></td></td<> | | • | | • | |
| Lemonade, frozen concentrate, white, prepared with water Lemonade, low calorie, with aspartame, powder, prepared with water Lemonade, low calorie, with aspartame, powder, prepared with water Lemonade-flavor drink, powder, prepared with water Lemonade, low calorie, with aspartame, powder, prepared with water 237 R fl oz Description Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz Description Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz Description Lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz Description 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 287 18 fl oz Description 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 287 18 fl oz 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 286 8 fl oz 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 286 8 fl oz 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 286 8 fl oz 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 266 8 fl oz 1 lemon 2 lemonade, low calorie, with aspartame, powder, prepared with water 286 8 fl oz 1 lemon 2 lemonade, low calorie, raw 10 1 leaf 149 11251 Lettuce, green leaf, raw 10 1 leaf 149 11253 Lettuce, green leaf, raw 10 1 leaf 149 149 149 149 149 149 149 14 | | • | | · | |
| 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | | • | | • | _ |
| water 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0 09150 Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | | , , , , , , , , , , , , , , , , , , , | | | _ |
| Lemons, raw, without peel 58 1 lemon 2 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 14290 | | 237 | 8 TI OZ | 0 |
| Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 10 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 14297 | Lemonade-flavor drink, powder, prepared with water | 266 | 8 fl oz | 0 |
| Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 3239 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 Lettuce, iceberg (includes crisphead types), raw 55 1 cup | 09150 | Lemons, raw, without peel | 58 | 1 lemon | 2 |
| 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 149 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198 | 1 cup | 10 |
| 11251 Lettuce, cos or romaine, raw 10 1 leaf 523 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 163 | 1 head | 3239 |
| 11251 Lettuce, cos or romaine, raw 56 1 cup 2927 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 7.5 | 1 medium leaf | 149 |
| 11253 Lettuce, green leaf, raw 10 1 leaf 444 11253 Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 11251 | Lettuce, cos or romaine, raw | 10 | 1 leaf | 523 |
| Lettuce, green leaf, raw 56 1 cup 2488 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 11251 | Lettuce, cos or romaine, raw | 56 | 1 cup | 2927 |
| Lettuce, iceberg (includes crisphead types), raw 539 1 head 1612 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 11253 | Lettuce, green leaf, raw | 10 | 1 leaf | 444 |
| 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 164 | 11253 | Lettuce, green leaf, raw | 56 | 1 cup | 2488 |
| | 11252 | Lettuce, iceberg (includes crisphead types), raw | 539 | 1 head | 1612 |
| 11252 Lettuce, iceberg (includes crisphead types), raw 8 1 medium 24 | 11252 | Lettuce, iceberg (includes crisphead types), raw | 55 | 1 cup | 164 |
| | 11252 | Lettuce, iceberg (includes crisphead types), raw | 8 | 1 medium | 24 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|----------------|--|------------|-----------------|------------------------|
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, | 180 | 1 cup | 180 |
| 11038 | drained, without salt Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170 | 1 cup | 194 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188 | 1 cup | 0 |
| 09161 | Lime juice, canned or bottled, unsweetened | 246 | 1 cup | 25 |
| 09161 | Lime juice, canned or bottled, unsweetened | 15.4 | 1 tbsp | 2 |
| 09160 | Lime juice, raw | 38 | juice of 1 lime | 11 |
| 22247 | Macaroni and Cheese, canned entree | 252 | 1 cup | 13 |
| 20100 | Macaroni, cooked, enriched | 140 | 1 cup | 0 |
| 14315 | Malted drink mix, chocolate, with added nutrients, powder | 21 | 3 heaping tsp | 0 |
| 14316 | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265 | 1 cup | 16 |
| 14309 | Malted drink mix, natural, with added nutrients, powder | 21 | 4-5 heaping tsp | 1 |
| 14310 | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 265 | 1 cup | 13 |
| 09176 | Mangos, raw | 207 | 1 mango | 1325 |
| 09176 | Mangos, raw | 165 | 1 cup | 1056 |
| 04610 | Margarine, regular, 80% fat, composite, stick, with salt | 14 | 1 tbsp | 85 |
| 04611 | Margarine, regular, 80% fat, composite, tub, with salt | 14.2 | 1 tbsp | 87 |
| 04585 | Margarine-like, margarine-butter blend, soybean oil and butter | 14.2 | 1 tbsp | 87 |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt | 14.3 | 1 tbsp | 87 |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt | 4.8 | 1 tsp | 29 |
| 04613 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt | 4.8 | 1 tsp | 29 |
| 04128 | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt | 4.8 | 1 tsp | 0 |
| 09181 | Melons, cantaloupe, raw | 69 | 1/8 melon | 1394 |
| 09181 | Melons, cantaloupe, raw | 160 | 1 cup | 3232 |
| 09184 | Melons, honeydew, raw | 170 | 1 cup | 51 |
| 09184 | Melons, honeydew, raw | 160 | 1/8 melon | 48 |
| 01110 | Milk shakes, thick chocolate | 300 | 10.6 fl oz | 12 |
| 01111 | Milk shakes, thick vanilla | 313 | 11 fl oz | 16 |
| 01094 | Milk, buttermilk, dried | 6.5 | 1 tbsp | 1 |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 245 | 1 cup | 2 |
| 01095 | Milk, canned, condensed, sweetened | 306 | 1 cup | 43 |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 256 | 1 cup | 0 |
| 01096 01104 | Milk, canned, evaporated, with added vitamin D and without added vitamin A Milk, chocolate, fluid, commercial, lowfat, with added vitamin A | 252 250 | 1 cup | 30 5 |
| 01103 | and vitamin D Milk, chocolate, fluid, commercial, reduced fat, with added | 250 | 1 cup | 28 |
| 01102 | vitamin A and vitamin D Milk, chocolate, fluid, commercial, whole, with added vitamin A | 250 | 1 cup | 18 |
| | and vitamin D | | · | |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A and vitamin D | 23 | 1/3 cup | 0 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D | 244 | 1 cup | 5 |
| 01085 | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) | 245 | 1 cup | 0 |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D | 244 | 1 cup | 10 |
| 01077 | Milk, whole, 3.25% milkfat, with added vitamin D | 244 | 1 cup | 17 |
| 16112 | Miso | 68.75 | 1 cup | 36 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85 | 3 oz | 0 |

| 15157 Mollusks, clam, mixed species, raw 85 3 oz 15167 Mollusks, oyster, eastern, wid, raw 84 6 medium 15167 Mollusks, oyster, eastern, wid, raw 84 6 medium 18274 Muffins, blubebry, commercially prepared (Includes minimuffins) 57 1 muffin 18283 Muffins, corn, commercially prepared 57 1 muffin 18388 Muffins, on the property of the propert | NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---|--------|--|------------|-------------------|------------------------|
| 18274 Muffins, blueberry, commercially prepared (Includes minimuffins) 57 1 muffin 18279 Muffins, com, commercially prepared 57 1 muffin 18283 Muffins, cab bran 57 1 muffin 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without sail without sail without sail sail 104 1 cup 11029 Mushrooms, canned, drained solids 156 1 cup 11280 Mushrooms, shilake, cooked, without sail 156 1 cup 11281 Mushrooms, shilake, cooked, without sail 156 1 cup 11280 Mushrooms, white, cooked, boiled, drained, without sail 150 1 cup 11281 Mushrooms, white, cooked, boiled, drained, without sail 140 1 cup 11281 Mushrooms, white, to aw 70 1 cup 11281 Mustard, prepared, yellow 5 1 tsp or 1 packet 11280 Mustard, prepared, yellow 5 1 tsp or 1 packet 11291 Nocodles, egg, cooked, enriched 160 1 cup 11210 Nocodles, egg, spinach, cooked, enriched 160 < | 15157 | Mollusks, clam, mixed species, raw | 85 | 3 oz | 0 |
| muffins muffins, corn, commercially prepared 57 1 muffin 18283 Muffins, coat bran 57 1 muffin 18283 Muffins, coat bran 57 1 muffin 18283 Muffins, wheat bran, toaster-type with raisins, toasted 34 1 muffin 18284 1044 1044 1044 1044 1044 1044 1044 1044 1044 1045 1 | 15167 | Mollusks, oyster, eastern, wild, raw | 84 | 6 medium | 0 |
| 18283 Muffins, oat bran 57 1 muffin 18388 Muffins, wheat bran, toaster-type with raisins, toasted 34 1 muffin 11044 Windp beans, mature seeds, sprouted, cooked, boiled, drained, without salt 124 1 cup 11043 Mung beans, mature seeds, sprouted, raw 104 1 cup 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 11268 Mushrooms, shiitake, cooked, boiled, drained, without salt 156 1 cup 11261 Mushrooms, shiitake, cooked, boiled, drained, without salt 156 1 cup 11260 Mushrooms, white, cooked, boiled, drained, without salt 140 1 cup 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 09191 Nectarines, raw 136 1 nectarine 00110 Nocdles, egg, spinach, cooked, enriched 160 1 cup 01112 Nocdles, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 10208 Nuts, brazilust, dried, unblanched < | 18274 | | 57 | 1 muffin | 1 |
| 18388 Muffins, wheat bran, toaster-type with raisins, toasted 34 1 muffin 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 124 1 cup 11264 Mushrooms, canned, drained solids 156 1 cup 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 11268 Mushrooms, shiitake, cooked, without salt 156 1 mushroom 11261 Mushrooms, white, cooked, boiled, drained, without salt 156 1 cup 11261 Mushrooms, white, raw 70 1 cup 11271 Mustard, prepared, yellow 5 1 tsp or 1 packet 11271 Mustard, prepared, yellow 5 1 tsp or 1 packet 11271 Nocdles, egg, egg, spinach, cooked, enriched 160 1 cup 11271 Nocdles, egg, spinach, cooked, enriched 160 1 cup 11271 Nucla, cashew nuts, dry coasted, with salt added 28.35 1 oz (24 nuts) 11272 Nuts, cashew nuts, dry coasted, with salt added 28.35 1 oz (18 nuts) 11273 Nuts, cashew nuts, dry coasted, with salt added | 18279 | Muffins, corn, commercially prepared | 57 | 1 muffin | 11 |
| 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 124 1 cup 11043 Mushrooms, canned, drained solids 156 1 cup 11264 Mushrooms, shiitake, cooked, without salt 145 1 cup 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 11261 Mushrooms, shiitake, dried 3.6 1 mushroom 11261 Mushrooms, white, cooked, boiled, drained, without salt 166 1 cup 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 11271 Mustard, prepared, yellow 5 1 tsp or 1 packet 08191 Nectarines, raw 136 1 nectarine 09191 Nectarines, raw 136 1 cup 0110 Noodles, egg, cooked, enriched 160 1 cup 0111 Noodles, egg, spinach, cooked, enriched 160 1 cup 12061 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (24 nuts) 12078 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz 12167< | 18283 | Muffins, oat bran | 57 | 1 muffin | 0 |
| without salf 1043 Mung beans, mature seeds, sprouted, raw 104 156 1 cup 11264 Mushrooms, canned, drained solids 156 1 cup 11269 Mushrooms, shiitake, cooked, without salt 11268 Mushrooms, shiitake, dried 11268 Mushrooms, shiitake, dried 11261 Mushrooms, white, cooked, boiled, drained, without salt 11261 Mushrooms, white, raw 11260 Mushrooms, white, raw 11271 Mustard greens, cooked, boiled, drained, without salt 11271 Mustard, prepared, yellow 109191 Nectarines, raw 109191 Nectarines, raw 109191 Nectarines, raw 10910 Noodles, egg, cooked, enriched 10910 Noodles, egg, spinach, cooked, enriched 109110 Nuts, almonds 10112 Noodles, egg, spinach, cooked, enriched 10112 Nuts, tashew nuts, dried, unblanched 10113 Nuts, tashew nuts, dried, unblanched 10114 Nuts, cashew nuts, dri causted, with salt added 10115 Nuts, cashew nuts, dri coasted, with salt added 101268 Nuts, cashew nuts, dri coasted, with salt added 1013 Nuts, cashew nuts, dried (desiccated), sweetened, shredded 1014 Nuts, coconut meat, raw 1015 Nuts, coconut meat, raw 1016 Nuts, macadamia nuts, dry roasted, with salt added 1017 Nuts, coconut meat, raw 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, with peanuts, with salt added 1018 Nuts, mixed nuts, | 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 34 | 1 muffin | 0 |
| 11264 Mushrooms, canned, drained solids 156 1 cup 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 11261 Mushrooms, shiitake, dried 3.6 1 mushroom 11261 Mushrooms, white, cooked, boiled, drained, without salt 156 1 cup 11260 Mushrooms, white, raw 70 1 cup 1271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, egg, cooked, enriched 160 1 cup 20110 Noodles, egg, cooked, enriched 160 1 cup 20111 Nuts, incooles, egg, spinach, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Nuts, incool with salt added 28.35 1 oz (24 nuts) 12078 Nuts, brazilluts, dried, unblanched 28.35 1 oz (10 (6 nuts) 12179 Nuts, cashew nuts, oil | 11044 | | 124 | 1 cup | 5 |
| 11269 Mushrooms, shiltake, cooked, without salt 145 1 cup 11268 Mushrooms, shiltake, cooked, boiled, drained, without salt 156 1 cup 11260 Mushrooms, white, raw 70 1 cup 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 90191 Nectarines, raw 136 1 nectarine 20113 Noodles, chinese, chow mein 45 1 cup 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 20111 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 12078 Nuts, lamonds 28.35 1 oz (6*8 nuts) 12078 Nuts, cashew nuts, dirodated, with salt added 28.35 1 oz (6*8 nuts) 12585 Nuts, cashew nuts, diroasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, ceconut meat, dired (desiccated), sweetened, shredded 93 1 cup | 11043 | Mung beans, mature seeds, sprouted, raw | 104 | 1 cup | 6 |
| 11268 Mushrooms, white, cooked, boiled, drained, without salt 156 1 cup 11261 Mushrooms, white, cooked, boiled, drained, without salt 156 1 cup 11270 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, egg, coked, enriched 160 1 cup 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Notolles, egg, spinach, cooked, enriched 160 1 cup 20112 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, coconut meat, raw 45 1 piece 12179 Nuts, coconut meat, raw 45 1 piece | 11264 | Mushrooms, canned, drained solids | 156 | 1 cup | 0 |
| 11261 Mushrooms, white, cooked, boiled, drained, without salt 70 1 cup 11260 Mushrooms, white, raw 70 1 cup 102046 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 typ or 1 packet 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, egg, cooked, enriched 160 1 cup 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 12078 Nuts, lamonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6*8 nuts) 12078 Nuts, cashew nuts, dir poasted, with salt added 28.35 1 oz (6*8 nuts) 12586 Nuts, cashew nuts, dir toasted, with salt added 28.35 1 oz (10*8 nuts) 12167 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12179 Nuts, coconut meat, raw 28.35 1 oz (10*12 nuts) 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10*12 nuts) </td <td></td> <td>Mushrooms, shiitake, cooked, without salt</td> <td>145</td> <td>1 cup</td> <td>0</td> | | Mushrooms, shiitake, cooked, without salt | 145 | 1 cup | 0 |
| 11260 Mushrooms, white, raw 70 1 cup 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, chinese, chow mein 45 1 cup 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 12078 Nuts, almonds 28.35 1 oz (24 nuts) 12078 Nuts, cashew nuts, dired, unblanched 28.35 1 oz (4 nuts) 122585 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (10 tuts) 12167 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 28.35 1 oz (10 tuts) 12120 Nuts, hazelnuts or filberts 28.35 1 oz (10 tuts) | 11268 | Mushrooms, shiitake, dried | 3.6 | 1 mushroom | 0 |
| 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, chinese, chow mein 45 1 cup 20110 Noodles, egg, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 212061 Nuts, almonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (26 nuts) 12278 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12585 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, coconut meat, dried (desiccated), sweetened, shredded 33 1 cup 12179 Nuts, pacconut meat, dried (desiccated), sweetened, shredded 33 1 cup 12120 Nuts, hazelnuts or filberts 28.35 1 oz (10-12 nuts) 12632 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz (10-12 | 11261 | Mushrooms, white, cooked, boiled, drained, without salt | 156 | 1 cup | 0 |
| 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, edg., cooked, enriched 45 1 cup 20110 Noodles, egg., cooked, enriched 160 1 cup 20112 Noodles, egg., spinach, cooked, enriched 160 1 cup 12061 Nuts, almonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12586 Nuts, cashew nuts, diry orasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, cashew nuts, eir orasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, cashew nuts, european, roasted 143 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12632 Nuts, mixed nuts, with peanuts, with salt added 28.35 1 oz (20 halves) | 11260 | Mushrooms, white, raw | 70 | 1 cup | 0 |
| 09191 Nectarines, raw 136 1 nectarine 20113 Noodles, chinese, chow mein 45 1 cup 20110 Noodles, egg, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Notels, almonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (78 nuts) 12167 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12168 Nuts, coconut meat, dried (desicated), sweetened, shredded 93 1 cup 12179 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz 1223 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12632 Nuts, mixed nuts, with peanuts, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, with peanuts, with salt added 28.35 1 oz (20 halves) | 11271 | Mustard greens, cooked, boiled, drained, without salt | 140 | 1 cup | 5312 |
| 20113 Noodles, chinese, chow mein 45 1 cup 20110 Noodles, egg, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 20112 Nots, lamonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12179 Nuts, coconut meat, raw 45 1 pice 12104 Nuts, coconut meat, raw 45 1 pice 12109 Nuts, hazelnuts or filberts 28.35 1 oz 12100 Nuts, hazelnuts or filberts 28.35 1 oz 12200 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 12632 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz 12635 Nuts | 02046 | Mustard, prepared, yellow | 5 | 1 tsp or 1 packet | 1 |
| 20110 Noodles, egg, cooked, enriched 160 1 cup 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 12061 Nuts, almonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, cashew nuts, dir oasted, with salt added 28.35 1 oz (18 nuts) 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12179 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz 12120 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12632 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz 12633 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz (20 halves) 12144 Nuts, pine nuts, dried 28.35 | 09191 | Nectarines, raw | 136 | 1 nectarine | 204 |
| 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 12061 Nuts, almonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, chestruts, european, roasted 143 1 cup 12179 Nuts, coconut meat, arw 45 1 piece 12104 Nuts, coconut meat, raw 45 1 oz 12120 Nuts, hazelnuts or filiberts 28.35 1 oz 1223 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12632 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz 12144 Nuts, pine nuts, dried 28.35 1 oz 12147 Nuts, pine nuts, dried 28.35 1 oz (20 halves) 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 | 20113 | Noodles, chinese, chow mein | 45 | 1 cup | 0 |
| 12061 Nuts, almonds 28.35 1 oz (24 nuts) 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, chestnuts, european, roasted 143 1 cup 12179 Nuts, coconut meat, dried (desicated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, mazelnuts or filberts 28.35 1 oz 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz (20 halves) 12637 Nuts, piec nuts, dried 28.35 1 oz (20 halves) 12147 Nuts, pien nuts, dried 28.35 1 oz (20 halves) 12147 Nuts, pien nuts, dried 28.35 1 oz (47 nuts) 12652 Nuts, wallouts, english 28.35 1 oz (47 nuts) | 20110 | Noodles, egg, cooked, enriched | 160 | 1 cup | 2 |
| 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, chestnuts, european, roasted 143 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz (10-12 nuts) 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, piecans 28.35 1 oz 12142 Nuts, pien nuts, dried 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (4 | 20112 | Noodles, egg, spinach, cooked, enriched | 160 | 1 cup | 82 |
| 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, chestnuts, european, roasted 143 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz (20 halves) 12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 <td>12061</td> <td>Nuts, almonds</td> <td>28.35</td> <td>1 oz (24 nuts)</td> <td>0</td> | 12061 | Nuts, almonds | 28.35 | 1 oz (24 nuts) | 0 |
| 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 12167 Nuts, chestnuts, european, roasted 143 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz (10-12 nuts) 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz 12442 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 2033 Oat bran, raw 94 1 tbsp 04518 | 12078 | Nuts, brazilnuts, dried, unblanched | 28.35 | 1 oz (6-8 nuts) | 0 |
| 12167 Nuts, chestnuts, european, roasted 143 1 cup 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz 12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz (47 nuts) 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 20033 Oat bran, raw 94 1 cup 04518 Oil, canola 14 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.5 1 tbsp | 12585 | Nuts, cashew nuts, dry roasted, with salt added | 28.35 | 1 oz | 0 |
| 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz 12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 20033 Oat bran, raw 94 1 cup 04582 Oil, canola 14 1 tbsp 04518 Oil, carola 13.6 1 tbsp 04042 Oil, peanut, salad or cooking 13.5 1 tbsp 04053 Oil, safflower, salad or | 12586 | Nuts, cashew nuts, oil roasted, with salt added | 28.35 | 1 oz (18 nuts) | 0 |
| 12104 Nuts, coconut meat, raw 45 1 piece 12120 Nuts, hazelnuts or filberts 28.35 1 oz 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz 12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (47 nuts) 20033 Oat bran, raw 94 1 cup 04582 Oil, canola 14 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 04042 Oil, peanut, salad or cooking 13.5 1 tbsp 04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 13.6 1 tbsp | 12167 | Nuts, chestnuts, european, roasted | 143 | 1 cup | 20 |
| 12120 Nuts, hazelnuts or filberts 28.35 1 oz 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz 12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 20033 Oat bran, raw 94 1 cup 04582 Oil, canola 14 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 04042 Oil, peanut, salad or cooking 13.5 1 tbsp 04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 13.6 1 tbsp 04058 Oil, sesame, salad or cooking 13.6 1 tb | 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93 | 1 cup | 0 |
| 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz (10-12 nuts) 12635 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 28.35 1 oz 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz (20 halves) 12142 Nuts, pecans 8.6 1 tbsp 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz (47 nuts) 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 20033 Oat bran, raw 94 1 cup 04582 Oil, canola 14 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 04042 Oil, peanut, salad or cooking 13.5 1 tbsp 04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 13.6 1 tbsp 04058 Oil, sesame, salad or cooking 13.6 1 tbsp | 12104 | Nuts, coconut meat, raw | 45 | 1 piece | 0 |
| 12635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz12637Nuts, mixed nuts, with peanuts, oil roasted, with salt added28.351 oz (20 halves)12142Nuts, pecans28.351 oz (20 halves)12147Nuts, pine nuts, dried8.61 tbsp12147Nuts, pine nuts, dried28.351 oz12652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)12155Nuts, walnuts, english28.351 oz (14 halves)20033Oat bran, raw941 cup04582Oil, canola141 tbsp04518Oil, corn, industrial and retail, all purpose salad or cooking13.61 tbsp04053Oil, olive, salad or cooking13.51 tbsp04042Oil, peanut, salad or cooking13.51 tbsp04511Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)13.61 tbsp04058Oil, sesame, salad or cooking13.61 tbsp | 12120 | Nuts, hazelnuts or filberts | 28.35 | 1 oz | 3 |
| 12637 Nuts, mixed nuts, with peanuts, oil roasted, with salt added 28.35 1 oz (20 halves) 12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 8.6 1 tbsp 12147 Nuts, pine nuts, dried 28.35 1 oz (47 nuts) 12652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 20033 Oat bran, raw 94 1 cup 04582 Oil, canola 14 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 04043 Oil, peanut, salad or cooking 13.5 1 tbsp 04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 13.6 1 tbsp 04058 Oil, sesame, salad or cooking 13.6 1 tbsp | 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 28.35 | 1 oz (10-12 nuts) | 0 |
| 12142Nuts, pecans28.351 oz (20 halves)12147Nuts, pine nuts, dried8.61 tbsp12147Nuts, pine nuts, dried28.351 oz12652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)12155Nuts, walnuts, english28.351 oz (14 halves)20033Oat bran, raw941 cup04582Oil, canola141 tbsp04518Oil, corn, industrial and retail, all purpose salad or cooking13.61 tbsp04053Oil, olive, salad or cooking13.51 tbsp04042Oil, peanut, salad or cooking13.51 tbsp04511Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)13.61 tbsp04058Oil, sesame, salad or cooking13.61 tbsp | 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 28.35 | 1 oz | 1 |
| 12147Nuts, pine nuts, dried8.61 tbsp12147Nuts, pine nuts, dried28.351 oz12652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)12155Nuts, walnuts, english28.351 oz (14 halves)20033Oat bran, raw941 cup04582Oil, canola141 tbsp04518Oil, corn, industrial and retail, all purpose salad or cooking13.61 tbsp04053Oil, olive, salad or cooking13.51 tbsp04042Oil, peanut, salad or cooking13.51 tbsp04511Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)13.61 tbsp04058Oil, sesame, salad or cooking13.61 tbsp | 12637 | Nuts, mixed nuts, with peanuts, oil roasted, with salt added | 28.35 | 1 oz | 1 |
| 12147Nuts, pine nuts, dried28.351 oz12652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)12155Nuts, walnuts, english28.351 oz (14 halves)20033Oat bran, raw941 cup04582Oil, canola141 tbsp04518Oil, corn, industrial and retail, all purpose salad or cooking13.61 tbsp04053Oil, olive, salad or cooking13.51 tbsp04042Oil, peanut, salad or cooking13.51 tbsp04511Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)13.61 tbsp04058Oil, sesame, salad or cooking13.61 tbsp | 12142 | Nuts, pecans | 28.35 | 1 oz (20 halves) | 8 |
| 12652Nuts, pistachio nuts, dry roasted, with salt added28.351 oz (47 nuts)12155Nuts, walnuts, english28.351 oz (14 halves)20033Oat bran, raw941 cup04582Oil, canola141 tbsp04518Oil, corn, industrial and retail, all purpose salad or cooking13.61 tbsp04053Oil, olive, salad or cooking13.51 tbsp04042Oil, peanut, salad or cooking13.51 tbsp04511Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)13.61 tbsp04058Oil, sesame, salad or cooking13.61 tbsp | 12147 | Nuts, pine nuts, dried | 8.6 | 1 tbsp | 1 |
| 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 20033 Oat bran, raw 94 1 cup 04582 Oil, canola 14 1 tbsp 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 04053 Oil, olive, salad or cooking 13.5 1 tbsp 04042 Oil, peanut, salad or cooking 13.5 1 tbsp 04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 04058 Oil, sesame, salad or cooking 13.6 1 tbsp | 12147 | Nuts, pine nuts, dried | 28.35 | 1 oz | 5 |
| 20033Oat bran, raw941 cup04582Oil, canola141 tbsp04518Oil, corn, industrial and retail, all purpose salad or cooking13.61 tbsp04053Oil, olive, salad or cooking13.51 tbsp04042Oil, peanut, salad or cooking13.51 tbsp04511Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)13.61 tbsp04058Oil, sesame, salad or cooking13.61 tbsp | 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 28.35 | 1 oz (47 nuts) | 44 |
| O4582 Oil, canola Oil, corn, industrial and retail, all purpose salad or cooking O4518 Oil, corn, industrial and retail, all purpose salad or cooking O4053 Oil, olive, salad or cooking O4042 Oil, peanut, salad or cooking O4511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) O4058 Oil, sesame, salad or cooking O4058 Oil, sesame, salad or cooking O4058 Oil, sesame, salad or cooking | 12155 | Nuts, walnuts, english | 28.35 | 1 oz (14 halves) | 3 |
| O4518 Oil, corn, industrial and retail, all purpose salad or cooking O4053 Oil, olive, salad or cooking O4042 Oil, peanut, salad or cooking O4511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) O4058 Oil, sesame, salad or cooking | 20033 | Oat bran, raw | 94 | 1 cup | 0 |
| O4053 Oil, olive, salad or cooking 13.5 1 tbsp O4042 Oil, peanut, salad or cooking 13.5 1 tbsp O4511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 13.6 1 tbsp O4058 Oil, sesame, salad or cooking 13.6 1 tbsp | 04582 | Oil, canola | 14 | 1 tbsp | 0 |
| O4042 Oil, peanut, salad or cooking 13.5 1 tbsp O4511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) 13.6 1 tbsp O4058 Oil, sesame, salad or cooking 13.6 1 tbsp | 04518 | Oil, corn, industrial and retail, all purpose salad or cooking | 13.6 | 1 tbsp | 0 |
| O4511 Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) O4058 Oil, sesame, salad or cooking 13.6 1 tbsp | 04053 | Oil, olive, salad or cooking | 13.5 | 1 tbsp | 0 |
| of commerce) Oil, sesame, salad or cooking 13.6 1 tbsp | 04042 | Oil, peanut, salad or cooking | 13.5 | 1 tbsp | 0 |
| · | 04511 | | 13.6 | 1 tbsp | 0 |
| Oil, soybean, salad or cooking, (partially hydrogenated) 13.6 1 tbsp | 04058 | Oil, sesame, salad or cooking | 13.6 | 1 tbsp | 0 |
| | 04034 | Oil, soybean, salad or cooking, (partially hydrogenated) | 13.6 | 1 tbsp | 0 |
| Oil, soybean, salad or cooking, (partially hydrogenated) and 13.6 1 tbsp cottonseed | 04543 | | 13.6 | 1 tbsp | 0 |
| O4506 Oil, sunflower, linoleic, (approx. 65%) 13.6 1 tbsp | 04506 | Oil, sunflower, linoleic, (approx. 65%) | 13.6 | 1 tbsp | 0 |
| 11279 Okra, cooked, boiled, drained, without salt 160 1 cup | 11279 | Okra, cooked, boiled, drained, without salt | 160 | 1 cup | 272 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|---------------------|------------------------|
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 184 | 1 cup | 337 |
| 09193 | Olives, ripe, canned (small-extra large) | 22 | 5 large | 52 |
| 11283 | Onions, cooked, boiled, drained, without salt | 210 | 1 cup | 2 |
| 11283 | Onions, cooked, boiled, drained, without salt | 94 | 1 medium | 1 |
| 11284 | Onions, dehydrated flakes | 5 | 1 tbsp | 1 |
| 11282 | Onions, raw | 110 | 1 whole | 1 |
| 11282 | Onions, raw | 160 | 1 cup | 2 |
| 11282 | Onions, raw | 14 | 1 slice | 0 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 100 | 1 cup | 598 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 15 | 1 whole | 90 |
| 09207 | Orange juice, canned, unsweetened | 249 | 1 cup | 72 |
| 09209 | Orange juice, chilled, includes from concentrate | 249 | 1 cup | 20 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249 | 1 cup | 42 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 213 | 6-fl-oz can | 132 |
| 09206 | Orange juice, raw | 248 | 1 cup | 82 |
| 09206 | Orange juice, raw | 86 | juice from 1 orange | 28 |
| 09200 | Oranges, raw, all commercial varieties | 131 | 1 orange | 93 |
| 09200 | Oranges, raw, all commercial varieties | 180 | 1 cup | 128 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 36 | 1 pancake | 0 |
| 09226 | Papayas, raw | 304 | 1 papaya | 833 |
| 09226 | Papayas, raw | 140 | 1 cup | 384 |
| 11297 | Parsley, raw | 10 | 10 sprigs | 505 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 156 | 1 cup | 0 |
| 22907 | Pasta with meatballs in tomato sauce, canned entree | 252 | 1 cup | 275 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 98 | 1 half | 162 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 262 | 1 cup | 432 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 98 | 1 half | 185 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 248 | 1 cup | 469 |
| 09246 | Peaches, dried, sulfured, uncooked | 39 | 3 halves | 419 |
| 09250 | Peaches, frozen, sliced, sweetened | 250 | 1 cup | 353 |
| 09236 | Peaches, raw | 170 | 1 cup | 275 |
| 09236 | Peaches, raw | 98 | 1 peach | 159 |
| 16097 | Peanut butter, chunk style, with salt | 16 | 1 tbsp | 0 |
| 16098 | Peanut butter, smooth style, with salt | 16 | 1 tbsp | 0 |
| 16090 | Peanuts, all types, dry-roasted, with salt | 28.35 | 1 oz (approx 28) | 0 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 28.35 | 1 oz (approx 28) | 0 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 28.35 | 1 oz | 0 |
| 09340 | Pears, asian, raw | 122 | 1 pear | 0 |
| 09340 | Pears, asian, raw | 275 | 1 pear | 0 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 76 | 1 half | 0 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 266 | 1 cup | 0 |
| 09254 | Pears, canned, juice pack, solids and liquids | 248 | 1 cup | 7 |
| 09254 | Pears, canned, juice pack, solids and liquids | 76 | 1 half | 2 |
| 09252 | Pears, raw | 166 | 1 pear | 22 |
| 11301 | Peas, edible-podded, boiled, drained, without salt | 160 | 1 cup | 955 |
| 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 1216 |
| 11308 | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 170 | 1 cup | 874 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|------------------|------------------------|
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 2000 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196 | 1 cup | 8 |
| 11670 | Peppers, hot chili, green, raw | 45 | 1 pepper | 302 |
| 11819 | Peppers, hot chili, red, raw | 45 | 1 pepper | 240 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 26 | 1/4 cup | 252 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 136 | 1 cup | 359 |
| 11333 | Peppers, sweet, green, raw | 10 | 1 ring | 21 |
| 11333 | Peppers, sweet, green, raw | 149 | 1 cup | 310 |
| 11333 | Peppers, sweet, green, raw | 119 | 1 pepper | 248 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 136 | 1 cup | 2074 |
| 11821 | Peppers, sweet, red, raw | 119 | 1 pepper | 1933 |
| 11821 | Peppers, sweet, red, raw | 149 | 1 cup | 2420 |
| 11945 | Pickle relish, sweet | 15 | 1 tbsp | 78 |
| 11937 | Pickles, cucumber, dill or kosher dill | 65 | 1 pickle | 51 |
| 18330 | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239 | 1 pie shell | 313 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked | 126 | 1 pie shell | 0 |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 180 | 1 pie shell | 0 |
| 19312 | Pie fillings, apple, canned | 74 | 1/8 of 21-oz can | 7 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 117 | 1 piece | 11 |
| 18305 | Pie, blueberry, commercially prepared | 117 | 1 piece | 46 |
| 18308 | Pie, cherry, commercially prepared | 117 | 1 piece | 81 |
| 18319 | Pie, fried pies, fruit | 128 | 1 pie | 6 |
| 18320 | Pie, lemon meringue, commercially prepared | 113 | 1 piece | 1 |
| 18324 | Pie, pecan, commercially prepared | 113 | 1 piece | 5 |
| 18325 | Pie, pecan, prepared from recipe | 122 | 1 piece | 73 |
| 18326 | Pie, pumpkin, commercially prepared | 109 | 1 piece | 1115 |
| 18327 | Pie, pumpkin, prepared from recipe | 155 | 1 piece | 7366 |
| 11943 | Pimento, canned | 12 | 1 tbsp | 177 |
| 14334 | Pineapple and grapefruit juice drink, canned | 250 | 8 fl oz | 3 |
| 14341 | Pineapple and orange juice drink, canned | 250 | 8 fl oz | 10 |
| 09273 | Pineapple juice, canned, unsweetened, without added ascorbic acid | 250 | 1 cup | 8 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 254 | 1 cup | 20 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 49 | 1 slice | 4 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 47 | 1 slice | 11 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 249 | 1 cup | 57 |
| 09266 | Pineapple, raw, all varieties | 155 | 1 cup | 54 |
| 21224 | Pizza, cheese topping, regular crust, frozen, cooked | 63 | 1 serving | 55 |
| 21226 | Pizza, meat and vegetable topping, regular crust, frozen, cooked | 79 | 1 serving | 70 |
| 09278 | Plantains, cooked | 154 | 1 cup | 568 |
| 09277 | Plantains, raw | 179 | 1 medium | 818 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 258 | 1 cup | 366 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 46 | 1 plum | 65 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 252 | 1 cup | 1396 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 46 | 1 plum | 255 |
| 09292 | Plums, dried (prunes), stewed, without added sugar | 248 | 1 cup | 429 |
| 09291 | Plums, dried (prunes), uncooked | 42 | 5 prunes | 165 |
| 09279 | Plums, raw | 66 | 1 plum | 125 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|----------------|---|------------|--------------------|------------------------|
| 07065 | Pork and beef sausage, fresh, cooked | 26 | 2 links | 0 |
| 07064 | Pork sausage, fresh, cooked | 27 | 1 patty | 0 |
| 07064 | Pork sausage, fresh, cooked | 26 | 2 links | 0 |
| 10124 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted | 19 | 3 medium slices | 0 |
| 10131 | Pork, cured, canadian-style bacon, grilled | 46.5 | 2 slices | 0 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 85 | 3 oz | 0 |
| 10151 | Pork, cured, ham, whole, separable lean and fat, roasted | 85 | 3 oz | 0 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 85 | 3 oz | 0 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 85 | 3 oz | 0 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 85 | 3 oz | 0 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 85 | 3 oz | 0 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85 | 3 oz | 0 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85 | 3 oz | 0 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 85 | 3 oz | 0 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 85 | 3 oz | 0 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 85 | 3 oz | 0 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85 | 3 oz | 0 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 85 | 3 oz | 0 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85 | 3 oz | 0 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85 | 3 oz | 0 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85 | 3 oz | 0 |
| 11672 | Potato pancakes | 76 | 1 pancake | 3 |
| 11399 | Potato puffs, frozen, oven-heated | 79 | 10 puffs | 2 |
| 11414 | Potato salad, home-prepared | 250 | 1 cup | 90 |
| 11674 | Potato, baked, flesh and skin, without salt | 202 | 1 potato | 12 |
| 11363 | Potatoes, baked, flesh, without salt | 156 | 1 potato | 0 |
| 11364 | Potatoes, baked, skin, without salt | 58 | 1 skin | 3 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 136 | 1 potato | 3 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 135 | 1 potato | 3 |
| 11367 11403 | Potatoes, boiled, cooked without skin, flesh, without salt Potatoes, french fried, all types, salt added in processing, | 156 50 | 1 cup 10 strips | 3 2 |
| 11391 | frozen, home-prepared, oven heated Potatoes, hashed brown, frozen, plain, prepared | 29 | 1 natty | 0 |
| 11370 | Potatoes, hashed brown, home-prepared | 156 | 1 patty | 5 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without | 210 | 1 cup 1 cup | 23 |
| 11657 | milk, whole milk and butter added Potatoes, mashed, home-prepared, whole milk added | 210 | 1 cup | 4 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210 | 1 cup | 63 |
| 05306 | Poultry food products, ground turkey, cooked | 82 | 1 patty | 0 |
| 09294 | Prune juice, canned | 256 | 1 cup | 5 |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk | 147 | 1/2 cup | 15 |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk | 142 | 1/2 cup | 4 |
| 19183 | Puddings, chocolate, ready-to-eat | 113 | 4 oz | 0 |

| NDB_ | No Description | Weight (g) | Common Measure | Content per Measure |
|-------|--|------------|----------------|------------------------|
| 19193 | Puddings, rice, ready-to-eat | 113.4 | 4 oz | 5 |
| 19218 | Puddings, tapioca, ready-to-eat | 113 | 4 oz | 0 |
| 19212 | Puddings, vanilla, dry mix, regular, prepared with 2% milk | 140 | 1/2 cup | 14 |
| 19201 | Puddings, vanilla, ready-to-eat | 113 | 4 oz | 0 |
| 11424 | Pumpkin, canned, without salt | 245 | 1 cup | 17003 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245 | 1 cup | 5135 |
| 11429 | Radishes, raw | 4.5 | 1 radish | 0 |
| 09298 | Raisins, seedless | 14 | 1 packet | 0 |
| 09298 | Raisins, seedless | 145 | 1 cup | 0 |
| 09306 | Raspberries, frozen, red, sweetened | 250 | 1 cup | 53 |
| 09302 | Raspberries, raw | 123 | 1 cup | 15 |
| 16103 | Refried beans, canned, traditional style (includes USDA commodity) | 252 | 1 cup | 0 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 240 | 1 cup | 106 |
| 14639 | Rice drink, unsweetened, with added calcium, vitamins A and D | 240 | 8 fl oz | 0 |
| 20037 | Rice, brown, long-grain, cooked | 195 | 1 cup | 0 |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked | 175 | 1 cup | 0 |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry | 185 | 1 cup | 0 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165 | 1 cup | 0 |
| 20045 | Rice, white, long-grain, regular, cooked | 158 | 1 cup | 0 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185 | 1 cup | 0 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28 | 1 roll | 0 |
| 18350 | Rolls, hamburger or hotdog, plain | 43 | 1 roll | 0 |
| 18353 | Rolls, hard (includes kaiser) | 57 | 1 roll | 0 |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 170 | 1 cup | 2 |
| 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 15.3 | 1 tbsp | 1 |
| 04120 | Salad dressing, french dressing, commercial, regular | 15.6 | 1 tbsp | 36 |
| 04020 | Salad dressing, french dressing, reduced fat | 16.3 | 1 tbsp | 47 |
| 04134 | Salad dressing, home recipe, cooked | 16 | 1 tbsp | 0 |
| 04135 | Salad dressing, home recipe, vinegar and oil | 15.6 | 1 tbsp | 0 |
| 04114 | Salad dressing, italian dressing, commercial, regular | 14.7 | 1 tbsp | 3 |
| 04021 | Salad dressing, italian dressing, reduced fat | 15 | 1 tbsp | 1 |
| 04025 | Salad dressing, mayonnaise, soybean oil, with salt | 13.8 | 1 tbsp | 1 |
| 04015 | Salad dressing, russian dressing | 15.3 | 1 tbsp | 49 |
| 04022 | Salad dressing, russian dressing, low calorie | 16.3 | 1 tbsp | 3 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 15.3 | 1 tbsp | 24 |
| 04017 | Salad dressing, thousand island, commercial, regular | 15.6 | 1 tbsp | 14 |
| 07069 | Salami, cooked, beef and pork | 56.7 | 2 slices | 0 |
| 07072 | Salami, dry or hard, pork, beef | 20 | 2 slices | 0 |
| 02047 | Salt, table | 6 | 1 tsp | 0 |
| 07073 | Sandwich spread, pork, beef | 15 | 1 tbsp | 0 |
| 06150 | Sauce, barbecue | 15.75 | 1 tbsp | 22 |
| 06175 | Sauce, hoisin, ready-to-serve | 16 | 1 tbsp | 1 |
| 06166 | Sauce, homemade, white, medium | 250 | 1 cup | 53 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 250 | 1 cup | 1120 |
| 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1 tsp | 4 |
| 06164 | Sauce, salsa, ready-to-serve | 16 | 1 tbsp | 28 |
| 06112 | Sauce, teriyaki, ready-to-serve | 18 | 1 tbsp | 0 |

| 11439 Sauerkraut, canned, solids and liquids 236 1 cup 07083 Sausage, Vienna, canned, chicken, beef, pork 16 1 sausage 11445 Seaweed, kelp, raw 10 2 tbsp 11667 Seaweed, spirulina, dried 0.93 1 tbsp 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added 28.35 1 oz (142 seeds) 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 15 1 tbsp 12201 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 8 1 tbsp 12237 Seeds, sesame seed kernels, dried (decorticated) 8 1 tbsp 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 124346 Shake, fast food, chocolate 333 16 fl oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 4031 Shortening, household, soybean (partially hydrogenated)- cottonseed (| 19 0 7 3 1 6 3 2 1 |
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| 11445 Seaweed, kelp, raw 10 2 tbsp 11667 Seawed, spirulina, dried 0.93 1 tbsp 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added 28.35 1 oz (142 seeds) 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 15 1 tbsp 12201 Seeds, sesame seed kernels, dried (decorticated) 8 1 tbsp 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 28.35 1 oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 40431 Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) 12.8 1 tbsp 19002 Snacks, poet, potate chips, made from dried potatoes, plain 28.35 1 oz 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19004 Snacks, | 7 3 1 6 3 2 1 |
| 11667 Seaweed, spirulina, dried 0.93 1 tbsp 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added 28.35 1 oz (142 seeds) 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 15 1 tbsp 12201 Seeds, sesame seed kernels, dried (decorticated) 8 1 tbsp 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 28.35 1 oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 04031 Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) 12.8 1 tbsp 19410 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19902 Snacks, keef jerky, chopped and formed 19.8 1 large piece 19903 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz | 3 1 6 3 2 1 |
| 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 12201 Seeds, sesame seed kernels, dried (decorticated) 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 1264 Shake, fast food, chocolate 1265 Shake, fast food, vanilla 1276 Shake, fast food, vanilla 1276 Shake, fast food, vanilla 1277 Sherbet, orange 1287 The special | 1 6 3 2 1 |
| added Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) 12201 Seeds, sesame seed kernels, dried (decorticated) 8 1 tbsp 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 28.35 1 oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 14001 Sherbet, orange 19097 Sherbet, orange 19097 Sherbet, orange 19097 Sherbet, orange 19097 Shorbet, orange 19098 Shortening, household, soybean (partially hydrogenated) 12.8 1 tbsp 19098 Shortening, household, soybean (partially hydrogenated) 19.8 1 large piece 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19098 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19098 Snacks, fruit leather, pieces 28.35 1 oz 19099 Snacks, fruit leather, rolls 21 1 large 19099 Snacks, fruit leather, rolls 21 1 large 19099 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 28.35 1 oz (about 1/4 cup 19034 Snacks, oppcorn, air-popped 8 1 oz (about 1/4 cup 19034 Snacks, oppcorn, caremel-coated, with peanuts 42 1 cup 19038 Snacks, popcorn, caremel-coated, without peanuts 35.2 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19031 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19031 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19031 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19031 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19031 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19031 Snacks, popcorn, car | 6 3 2 1 |
| (most common type) 1 12201 Seeds, sesame seed kernels, dried (decorticated) 8 1 tbsp 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 28.35 1 oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19907 Sherbet, orange 74 1/2 cup 04031 Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) 12.8 1 tbsp 19410 Snack, potato chips, made from dried potatoes, plain 28.35 1 oz 19002 Snacks, bef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, pieces 28.35 1 oz 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 28.35 1 oz (about 1/4 cup | 3 2 1 |
| 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 28.35 1 oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 04031 Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) 12.8 1 tbsp 19410 Snack, potato chips, made from dried potatoes, plain 28.35 1 oz 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19004 Snacks, fruit leather, pieces 28.35 1 oz 19013 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 28.35 1 bar 19031 Snacks, reptatal mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped | 2 1 |
| 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 28.35 1 oz 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 04031 Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) 12.8 1 tbsp 19410 Snack, potato chips, made from dried potatoes, plain 28.35 1 oz 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19004 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 28.35 1 bar 19026 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, | 1 |
| 14346 Shake, fast food, chocolate 333 16 fl oz 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 04031 Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) 12.8 1 tbsp 19410 Snack, potato chips, made from dried potatoes, plain 28.35 1 oz 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19008 Snacks, fruit leather, pieces 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 28.35 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19036 Snacks, popcorn, air-popped 8 1 cup 19038 Snacks, popcorn, caramel-coated, with peanuts | |
| 14347 Shake, fast food, vanilla 333 16 fl oz 19097 Sherbet, orange 74 1/2 cup 04031 Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) 19410 Snack, potato chips, made from dried potatoes, plain 28.35 1 oz 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 17 |
| Sherbet, orange Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) Snack, potato chips, made from dried potatoes, plain Snacks, beef jerky, chopped and formed Snacks, corr-based, extruded, chips, plain Snacks, corr-based, extruded, puffs or twists, cheese-flavor Snacks, fruit leather, pieces Snacks, fruit leather, rolls Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit Snacks, oriental mix, rice-based Snacks, popcorn, air-popped Snacks, popcorn, cakes Snacks, popcorn, caramel-coated, with peanuts Snacks, popcorn, caramel-coated, without peanuts Snacks, pork skins, plain Snacks, pork skins, plain | 17 |
| Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) 19410 Snack, potato chips, made from dried potatoes, plain Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain Snacks, corn-based, extruded, puffs or twists, cheese-flavor 19008 Snacks, fruit leather, pieces 19013 Snacks, fruit leather, pieces 19014 Snacks, fruit leather, rolls 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19041 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 19031 Snacks, oriental mix, rice-based 19034 Snacks, popcorn, air-popped 19036 Snacks, popcorn, cakes 100 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 19039 Snacks, popcorn, caramel-coated, without peanuts 19031 Snacks, popcorn, oil-popped, microwave, regular flavor 19032 Snacks, pork skins, plain 100 100 100 100 100 100 100 100 | 0 |
| cottonseed (partially hydrogenated) 19410 Snack, potato chips, made from dried potatoes, plain 28.35 1 oz 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 1 |
| 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19411 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, poprorn, oil-popped, microwave, regular flavor 19041 Snacks, pork skins, plain 28.35 1 oz | 0 |
| 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 0 |
| 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz 19013 Snacks, fruit leather, pieces 28.35 1 oz 19014 Snacks, fruit leather, rolls 21 1 large 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 0 |
| 19013 Snacks, fruit leather, pieces 19014 Snacks, fruit leather, rolls 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 1941 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 19031 Snacks, oriental mix, rice-based 19034 Snacks, popcorn, air-popped 19036 Snacks, popcorn, cakes 19038 Snacks, popcorn, caramel-coated, with peanuts 19039 Snacks, popcorn, caramel-coated, without peanuts 19036 Snacks, popcorn, oil-popped, microwave, regular flavor 19037 Snacks, pork skins, plain 28.35 1 oz 1 bar 1 bar 28.35 1 bar 1 ba | 0 |
| 19014 Snacks, fruit leather, rolls 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 19031 Snacks, oriental mix, rice-based 19034 Snacks, popcorn, air-popped 19036 Snacks, popcorn, cakes 19038 Snacks, popcorn, caramel-coated, with peanuts 19039 Snacks, popcorn, caramel-coated, without peanuts 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 19041 Snacks, pork skins, plain 21 1 large 22 1 bar 28.35 1 oz (about 1/4 cup 28.35 1 oz | 0 |
| 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 19041 Snacks, pork skins, plain 28.35 1 oz | 10 |
| peanut butter 19441 Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit 37 1 bar 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 7 |
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| 19034 Snacks, popcorn, air-popped 8 1 cup 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 3 |
| 19036 Snacks, popcorn, cakes 10 1 cake 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz |) 0 |
| 19038 Snacks, popcorn, caramel-coated, with peanuts 42 1 cup 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 7 |
| 19039 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 3 |
| 19035 Snacks, popcorn, oil-popped, microwave, regular flavor 11 1 cup 19041 Snacks, pork skins, plain 28.35 1 oz | 15 |
| 19041 Snacks, pork skins, plain 28.35 1 oz | 0 |
| | 8 |
| 19045 Snacks, potato chips, made from dried potatoes, reduced fat 28.35 1 oz | 0 |
| | 0 |
| 19411 Snacks, potato chips, plain, salted 28.35 1 oz | 0 |
| 19811 Snacks, potato chips, plain, unsalted 28.35 1 oz | 0 |
| 19422 Snacks, potato chips, reduced fat 28.35 1 oz | 0 |
| 19043 Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz | 26 |
| 19047 Snacks, pretzels, hard, plain, salted 60 10 pretzels | 0 |
| 19051 Snacks, rice cakes, brown rice, plain 9 1 cake | 0 |
| 19056 Snacks, tortilla chips, plain, white corn 28.35 1 oz | 0 |
| O6404 Soup, bean with pork, canned, prepared with equal volume 253 1 cup water | 415 |
| O6075 Soup, beef broth or bouillon, powder, dry 6 1 packet | 0 |
| Soup, beef noodle, canned, prepared with equal volume water 244 1 cup | 146 |
| O6419 Soup, chicken noodle, canned, prepared with equal volume 241 1 cup water | 287 |
| O6528 Soup, chicken noodle, dry, mix, prepared with water 252.3 1 cup | 13 |
| O6740 Soup, chicken vegetable, chunky, reduced fat, reduced sodium, 238 1 serving ready-to-serve, single brand | 1833 |
| Soup, chicken with rice, canned, prepared with equal volume 241 1 cup water | 200 |
| O6018 Soup, chunky chicken noodle, canned, ready-to-serve 240 1 cup | 1423 |

| NDB_N | o Description | Weight (g) | Common Measure | Content per Measure |
|-------|---|------------|----------------|------------------------|
| 06067 | Soup, chunky vegetable, canned, ready-to-serve | 240 | 1 cup | 2875 |
| 06428 | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 244 | 1 cup | 476 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 248 | 1 cup | 5 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk | 248 | 1 cup | 7 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water | 244 | 1 cup | 2 |
| 06177 | Soup, minestrone, canned, reduced sodium, ready-to-serve | 241 | 1 cup | 841 |
| 06094 | Soup, onion, dry, mix | 39 | 1 packet | 4 |
| 06494 | Soup, onion, dry, mix, prepared with water | 246 | 1 cup | 0 |
| 06449 | Soup, pea, green, canned, prepared with equal volume water | 250 | 1 cup | 3 |
| 06174 | Soup, stock, fish, home-prepared | 233 | 1 cup | 0 |
| 06359 | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 248 | 1 cup | 285 |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 244 | 1 cup | 281 |
| 06471 | Soup, vegetable beef, canned, prepared with equal volume water | 244 | 1 cup | 1974 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water | 241 | 1 cup | 1808 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12 | 1 tbsp | 0 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 16 | 1 tbsp | 0 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172 | 1 cup | 9 |
| 16120 | Soymilk, original and vanilla, unfortified | 245 | 1 cup | 5 |
| 22401 | Spaghetti with meat sauce, frozen entree | 283 | 1 package | 294 |
| 20121 | Spaghetti, cooked, enriched, without added salt | 140 | 1 cup | 0 |
| 20125 | Spaghetti, whole-wheat, cooked | 140 | 1 cup | 3 |
| 02007 | Spices, celery seed | 2 | 1 tsp | 1 |
| 02009 | Spices, chili powder | 2.6 | 1 tsp | 390 |
| 02010 | Spices, cinnamon, ground | 2.3 | 1 tsp | 3 |
| 02015 | Spices, curry powder | 2 | 1 tsp | 12 |
| 02020 | Spices, garlic powder | 2.8 | 1 tsp | 0 |
| 02026 | Spices, onion powder | 2.1 | 1 tsp | 0 |
| 02027 | Spices, oregano, dried | 1.5 | 1 tsp | 15 |
| 02028 | Spices, paprika | 2.1 | 1 tsp | 549 |
| 02029 | Spices, parsley, dried | 1.3 | 1 tbsp | 15 |
| 02030 | Spices, pepper, black | 2.1 | 1 tsp | 7 |
| 11658 | Spinach souffle | 136 | 1 cup | 2030 |
| 11461 | Spinach, canned, regular pack, drained solids | 214 | 1 cup | 12585 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180 | 1 cup | 11318 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 190 | 1 cup | 13750 |
| 11457 | Spinach, raw | 30 | 1 cup | 1688 |
| 11457 | Spinach, raw | 10 | 1 leaf | 563 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180 | 1 cup | 229 |
| 11641 | Squash, summer, all varieties, raw | 113 | 1 cup | 136 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205 | 1 cup | 5726 |
| 09320 | Strawberries, frozen, sweetened, sliced | 255 | 1 cup | 36 |
| 09316 | Strawberries, raw | 12 | 1 strawberry | 1 |
| 09316 | Strawberries, raw | 18 | 1 strawberry | 1 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------|------------------------|
| 09316 | Strawberries, raw | 166 | 1 cup | 12 |
| 19334 | Sugars, brown | 3.2 | 1 tsp | 0 |
| 19335 | Sugars, granulated | 4.2 | 1 tsp | 0 |
| 19336 | Sugars, powdered | 8 | 1 tbsp | 0 |
| 11647 | Sweet potato, canned, syrup pack, drained solids | 196 | 1 cup | 10782 |
| 11512 | Sweet potato, canned, vacuum pack | 255 | 1 cup | 12215 |
| 11508 | Sweet potato, cooked, baked in skin, without salt | 146 | 1 potato | 16803 |
| 11510 | Sweet potato, cooked, boiled, without skin | 156 | 1 potato | 14733 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 60 | 1 roll | 3 |
| 19348 | Syrups, chocolate, fudge-type | 19 | 1 tbsp | 0 |
| 19350 | Syrups, corn, light | 20 | 1 tbsp | 0 |
| 19353 | Syrups, maple | 20 | 1 tbsp | 0 |
| 19129 | Syrups, table blends, pancake | 20 | 1 tbsp | 0 |
| 19128 | Syrups, table blends, pancake, reduced-calorie | 15 | 1 tbsp | 0 |
| 18360 | Taco shells, baked | 13.3 | 1 medium | 0 |
| 09223 | Tangerine juice, canned, sweetened | 249 | 1 cup | 95 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 252 | 1 cup | 481 |
| 09218 | Tangerines, (mandarin oranges), raw | 84 | 1 tangerine | 130 |
| 20068 | Tapioca, pearl, dry | 152 | 1 cup | 0 |
| 14355 | Tea, brewed, prepared with tap water | 178 | 6 fl oz | 0 |
| 14545 | Tea, herb, chamomile, brewed | 178 | 6 fl oz | 21 |
| 14381 | Tea, herb, other than chamomile, brewed | 178 | 6 fl oz | 0 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 237 | 8 fl oz | 0 |
| 14371 | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259 | 8 fl oz | 0 |
| 14367 | Tea, instant, unsweetened, powder, prepared | 237 | 8 fl oz | 0 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 52 | 1 pastry | 2 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 81 | 1/4 block | 0 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120 | 1 piece | 5 |
| 11954 | Tomatillos, raw | 34 | 1 medium | 21 |
| 11540 | Tomato juice, canned, with salt added | 243 | 1 cup | 656 |
| 11546 | Tomato products, canned, paste, without salt added | 262 | 1 cup | 2361 |
| 11547 | Tomato products, canned, puree, without salt added | 250 | 1 cup | 765 |
| 11549 | Tomato products, canned, sauce | 245 | 1 cup | 635 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | 240 | 1 cup | 168 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255 | 1 cup | 263 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 20 | 1 slice | 90 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 180 | 1 cup | 808 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 123 | 1 tomato | 552 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 17 | 1 cherry tomato | 76 |
| 11955 | Tomatoes, sun-dried | 2 | 1 piece | 10 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 26 | 1 tortilla | 0 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 32 | 1 tortilla | 0 |
| 05292 | Turkey patties, breaded, battered, fried | 64 | 1 patty | 1 |
| 05296 | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 85.05 | 3 oz | 0 |
| 05188 | Turkey, all classes, dark meat, cooked, roasted | 84 | 3 oz | 0 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|------------------------|
| 05172 | Turkey, all classes, giblets, cooked, simmered, some giblet fat | 145 | 1 cup | 0 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 84 | 3 oz | 0 |
| 05168 | Turkey, all classes, meat only, cooked, roasted | 140 | 1 cup | 0 |
| 05180 | Turkey, all classes, neck, meat only, cooked, simmered | 152 | 1 neck | 0 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144 | 1 cup | 6588 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164 | 1 cup | 10593 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156 | 1 cup | 0 |
| 02050 | Vanilla extract | 4.2 | 1 tsp | 0 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85 | 3 oz | 0 |
| 11578 | Vegetable juice cocktail, canned | 242 | 1 cup | 2009 |
| 11581 | Vegetables, mixed, canned, drained solids | 163 | 1 cup | 9242 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 182 | 1 cup | 3789 |
| 02048 | Vinegar, cider | 15 | 1 tbsp | 0 |
| 18403 | Waffles, plain, frozen, ready -to-heat, toasted | 33 | 1 waffle | 0 |
| 14429 | Water, tap, municipal | 237 | 8 fl oz | 0 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 140 | 1 cup | 0 |
| 09326 | Watermelon, raw | 286 | 1 wedge | 867 |
| 09326 | Watermelon, raw | 152 | 1 cup | 461 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125 | 1 cup | 0 |
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 125 | 1 cup | 0 |
| 20083 | Wheat flour, white, bread, enriched | 137 | 1 cup | 1 |
| 20084 | Wheat flour, white, cake, enriched | 137 | 1 cup | 0 |
| 20080 | Wheat flour, whole-grain | 120 | 1 cup | 6 |
| 20089 | Wild rice, cooked | 164 | 1 cup | 3 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 227 | 8-oz container | 5 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 227 | 8-oz container | 5 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 227 | 8-oz container | 0 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 227 | 8-oz container | 11 |